

Membership Form

Mercy Auxiliary is a dynamic organization of nearly 500 members (women and men) who come from all walks and seasons of life.

In volunteering their time and talents, members work toward a common goal: to support Mercy Medical Center and participate in delivering The Mercy Touch.*

I would like to become a member of the Mercy Medical Center Auxiliary.

Name _____

Address _____

City _____

Alternate Address _____

City _____

Phone _____

Cell Phone _____

Email Address _____

Membership: New Renewal

_____ \$10 – Regular Membership

_____ \$100 – Lifetime Membership

Auxiliary project area of interest
(refer to list in brochure):

If you have questions,
please call the Auxiliary Office at 398-6286.

Mail this form to:
The Mercy Medical Center Auxiliary
701 10th Street SE • Cedar Rapids, IA 52403
Please do not send cash through the mail.

You can help us grow the membership!
Look through your contacts to see who
might be interested in joining the auxiliary
and give them this form to send in.



Dates to Remember:

- May 15 Annual Meeting
- June 20-21 Collective Goods (10th Street lobby)

Uncommon Grounds Needs Volunteers, STAT

Calling all energetic, enthusiastic go-getters: Join the Uncommon Grounds brew crew!

If you can withstand light, physical tasks and enjoy learning new things, serving coffee for a cause is a perfect, flexible volunteer opportunity. You'll meet great people, form new friendships and, because each beverage sold helps support the mission of Mercy, you'll make a big difference every day!

Our volunteer application is online at www.mercycare.org/volunteer; indicate your interest in Uncommon Grounds. Questions? Call the Mercy Volunteer Office at (319) 398-6035.



If you have a change of address or membership status - please contact Joleen Woods, Auxiliary Administrative Assistant at (319) 398-6286 or jjwoods@mercycare.org.



Mercy Auxiliary Newsletter News to You



May, 2023

Comment Corner —

Mercy Physical Therapy

— Submitted by Nichole Plagge, Clinical Manager Therapies



Nichole Plagge

Joint pain, sports injury, falls, dizziness – oh my! You need to see a physical therapist!

Mercy Physical Therapy has skilled, compassionate clinicians to address all your rehabilitation needs. Our physical therapists are conveniently located throughout east central Iowa, from Monticello to Cedar

Rapids and North Liberty. Plus, we serve all the acute needs of the main hospital. Our physical therapy team can provide the highest level of care to help patients regain mobility, strength, and return to the activities they need and want to do.

Physical therapists are licensed healthcare professionals, who have an undergraduate and graduate degree (usually six to seven years of education). Physical therapists are experts in movement and are trained in rehabilitation of every system of the body. Physical therapy assistants are also essential to our team; they assist Physical Therapists in their rehabilitation plan of care. Physical therapy assistants must have two years of focused education.

We can work in a variety of settings: acute hospital, outpatient clinics, schools, rehabilitation centers, with sports teams, assisted living/skilled facilities, rehabilitation hospitals, educational settings and the workplace.

Mercy Physical Therapy has an amazing team of talented clinicians who have attained many additional certifications, which allows us to offer therapy services at

the highest level. We have clinicians who have achieved specialty training in vestibular rehabilitation; dry needling; pelvic health and post prostatectomy rehabilitation; complex pain management; oncology rehabilitation and neuropathy; neurologic rehabilitation; dance rehabilitation; Parkinson's rehabilitation; and a variety of orthopedic techniques. Our acute care clinicians can address the needs of patients regardless of medical complexity, which includes open heart, neurologic rehabilitation, intensive care and emergency room patients.

Our clinicians also focus on patient education and safety. We assess and educate on fall risk, and provide education, tools and classes to patients to assist with prevention. We help educate patients prior to having a total joint or back surgery, so they can have the optimal outcome after surgery. Through our UP! Safe Patient Handling program, we work with the whole organization on proper lifting and transfer techniques and equipment, provide training to new hires, assess work injuries and prevention. We help train care partners when patients are in the hospital setting to allow the best success for the return journey home.

If you have a joint that is giving you pain, the room spins when you lie down, your balance is not what it used to be or you are suffering an injury from that weekend volleyball league, give us a call. If you happen to have a visit to the hospital, look for our smiling faces to come and help you get moving.

Joint pain, sports injury, falls, dizziness – oh my!

You need to see a physical therapist!



Wrapping up Mercy Auxiliary's Spring Bazaar

Our spring fundraiser, Mercy Auxiliary Spring Bazaar, is over for 2023. We were able to enjoy a successful event that will benefit Mercy Medical Center. Patrons of this event, as well as our volunteers stepped up and showed their generosity and dedication to Mercy by purchasing raffle tickets, patronizing our vendors and sending outright donations our way. We hope that you enjoyed this year's Spring Bazaar as much as we enjoyed bringing it to you! We thank you for your loyalty to and support of Mercy.

Again, a special thanks to our loyal sponsors:

Purple Tulip Donors (\$1,000+)

The Views of Cedar Rapids and Marion

Red Tulip Donors (\$499-\$999)

Emery Place
Joy Kuntz
Waln Collision Center

Yellow Tulip Donors (\$250-\$499)

The Gardens of Cedar Rapids
Douglas & Joyce Henderson
The Keystones of Cedar Rapids
Koppenhaver and Associates PC
The Little Red Hen
Travel Leaders/Destinations Unlimited

Watch for information regarding our raffle prize winners in the next issue of News to You.



Xavier youths boost bazaar's vendor, auxiliary satisfaction

Xavier High School Key Club brings youthful muscle and enthusiasm to Spring Bazaar's vendor satisfaction! The 10 to 12 teenage student volunteers use carts to transport the wares of 40-some vendors to and from the dock area to the vendor spaces. This effort puts smiles on the vendors' faces.

"We don't make keys, but we open doors," is Key Club's motto, and that they do. The group provides volunteer hours for a variety of local events and endeavors.

On Wednesday, prior to the event, vendors are assigned time slots at the dock area between the hours of 4:15 and 6:30 p.m. during which time they unload their merchandise onto carts provided by Mercy Medical Center. The volunteer students then move these carts approximately one-half a block to the assigned booths in the Hallagan Center and 10th St. Lobby. Later, at the end of the Thursday event, carts are provided for the vendors to load up their wares, and the teenagers transport them back to the dock area. About 15 carts are involved in the move, and the vendors are on their way home in less than an hour. Phew!

"We don't make keys, but we open doors,"

Key Club's motto

New co-treasurer set to join auxiliary



Becky Whitman

With the upcoming retirement of auxiliary Co-Treasurer Connie Betzer, the auxiliary will welcome and officially vote on a new co-treasurer at the annual meeting on May 15. Becky Whitman comes to us from Mount Vernon. Please take a few minutes to read her biography:

My name is Becky Whitman. I live in Mount Vernon, which is where I grew up and graduated from high school. I married my high school sweetheart, Kevin, 43 years ago. We have a son, Ryan, and daughter-in-law, Tasha, as well as a daughter, Karissa, and son-in-law, Brad. We have two granddaughters, Adalynn and Mia, and two grandsons, Charlie and Emmett.

Ryan is married and lives and works in Mount Vernon. He's a high school PE teacher at Mount Vernon High School and also the boy's high school track coach. He graduated from Wartburg College, where he met his wife, Tasha. Tasha works as an administrative assistant for the Mount Vernon Police Department. Ryan and Tasha have 2 daughters: Adalynn who is 11 years old and attends Mount Vernon Middle School and Mia is 8 years old and attends Mount Vernon Washington Elementary. The girls keep Ryan and Tasha busy with their many interests and activities.

Karissa is married and lives in Grimes with her husband, Brad and two sons, Charlie and Emmett. Karissa works as a pediatric nurse practitioner at a UnityPoint Clinic in West Des Moines. She graduated from Wartburg College too, and that is where she met her husband, Brad. She first worked in the pediatric intensive care unit at Stead Children's Hospital. While working there, she decided to pursue her DNP, which she earned through the University of Missouri. Her husband, Brad, works as a financial advisor for North Star Resource Group in Iowa City. Their son, Charlie is 7 years old and Emmett is 4 years old. They both attend Grimes Heritage Elementary. They, too, keep their parents busy with their increased interests and activities.

I spent the first five years of my working career as a bookkeeper at Baker Paper Company in Cedar Rapids. After I had my son Ryan, I decided to stay at home with him for a while. I then went to work at Mount Vernon Bank and Trust Company in their bookkeeping department. While working there, I was contacted by Cornell College about an opening in their Business Office for a cashier. I took the job at Cornell and spent nine years in that position. I then moved into an accounting assistant position, where I remained for 23 years. I now work as the gift processor/office manager at Mount Mercy University, where I have spent the last five years.

I am excited for this opportunity and look forward to meeting and working with everyone.

In addition, the following members will continue to serve on the auxiliary board as follows:

Co-Leader	Linda Kelly
Past Co-Leader	Pat Wilson
Secretary	Carol Woods-Boren
Co-Treasurer	Ginny Ekwall



We can't leave out Ginny!

Despite our best efforts, our Co-Treasurer, Ginny Ekwall, was omitted from the photo description of our quilt raffle prize, so we are re-running the photo. Ginny is not only displaying the quilt, she is also serving as the chair of "all things raffle" for our events. Thank you, Ginny, and we hope everyone takes a good look at you this time!



"We all want to take a nap under this gorgeous quilt" ... So say Linda Kelly, Vicky Wieseler, Chris Hoffman, Pat Wilson, Ginny Ekwall, and Carol Woods-Boren.

