

# Weekly CONNECTION

August 22, 2025

 **PRESBYTERIAN**  
Volunteer Services

## SPOTLIGHT:

What a joy it was to have volunteer Raylyn in our department this summer! She always had a smile on her face and was so helpful to us. I showed her our biggest needs, and she took it from there. She always looked for the next thing to do without being told. She even stayed a little longer on her last day, as she was trying to make sure we had a little extra cushion on all of the things we use daily! We are very much hoping she is able to come back next summer!!

**Traci L. Frazier, Clinical Operations Specialist**

PRESious Beginnings

One week  
left!!

Serve at least 4 hours with us every week in August to be entered into a drawing for a \$25 gift certificate to **The Range Café**.

You can donate clothing items, help your volunteer manager, or check to see if your department could use four hours' worth of help over the weekend.



## COMING UP:

### **Burn Bright, Burn Out Less: A Guide to Managing and Preventing Burnout New Program!**

This self-paced course is six modules with short 10-minute videos, quizzes and message boards to help you understand and assess burnout. With this program, you will be empowered to recognize burnout in yourself and others. Use resources to build real-world solutions through case studies and applicable techniques. **Registration August 15 - 22** Modules available starting August 25<sup>th</sup>

Contact Director Mandy Guest to sign up.

[aguest@phs.org](mailto:aguest@phs.org) 505-841-1503

The second annual Personal Security Workshop is October 17<sup>th</sup> from 9 a.m. to 1 p.m. at the Cooper Center. Attendees are employees and volunteers. The agenda includes great speakers and hands-on demonstrations:

- o A renowned mixed-martial arts trainer will demonstrate defensive tactics for the clinical setting.
- o The Albuquerque Police Department will offer insights about crime in New Mexico and techniques for staying safe.
- o The Solutions Group will provide lunch for attendees.
- o There will be drawings for prizes.
- o Space is limited to 250 attendees.

Contact your volunteer manager to sign up by October 10<sup>th</sup>

## SAVE THE DATE:

October 15<sup>th</sup> will be our next Town Hall Meeting  
1:30-2:30pm

# Cooking Show



## Sweet Heat Shrimp Tacos with a Tropical Twist

Bold honey-chipotle shrimp brings just the right spice balanced with a tangy lime kick, all tucked into tortillas and topped with a refreshing avocado mango salsa. These tacos are as nourishing as they are delicious: shrimp offers a lean source of protein, avocado is packed with heart-healthy fats, and mango adds a dose of immune-boosting vitamins. Perfect for your next taco night or summer gathering, this dish is a nutritious way to enjoy bold flavors with a tropical flair!

**Thursday, August 28**  
Noon – 1 p.m.

### Register Here

#### Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and you'll be entered in a raffle for a free cookbook!

**Questions?** Contact [wellness@phs.org](mailto:wellness@phs.org)



**Honey chipotle lime  
shrimp tacos with  
avocado mango salsa**

## **We need you!**

### **Kaseman Hospital**

- Gift Shop
- Cafeteria
- Emergency Department
- Behavioral Health



### **Presbyterian Hospital**

- Info Desk: Looking for a volunteer on the weekends
- **Patient Access/Registration: Urgently needs volunteers any day from 8am-12pm**
- Gift Shop Tuesday, Friday and/or Saturday afternoons

### **Rust Medical Center**

- Gift Shop
- Food Services
- Physician's Office Building

### **Santa Fe Medical Center**

- Family birthing center
- Rehab/Physical Therapy
- Surgery
- Radiology