

Weekly CONNECTION

October 3, 2025



PRESBYTERIAN

Volunteer Services

SPOTLIGHT:

Let's Get Together!



Please join us for PHS Volunteer Services Town Hall with Dr. Rishi Sikka, President and CEO of Presbyterian Healthcare Services. Every volunteer's presence matters. 🗨️ We've designed this Town Hall to be a space for meaningful conversation—with leadership commentary, program highlights, and time set aside for your questions and concerns.

- Wednesday, October 15th 1:30 - 2:30 pm
 - In-Person at the Cooper Center 9521 San Mateo Blvd NE, Albuquerque, NM 87113
 - Snacks will be provided!
 - Everyone attending at Cooper will meet Rishi in person.
- RSVP by Monday, October 8th [Click here to RSVP](#)

Coupon for staff and volunteers!



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 **PRESBYTERIAN**
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! REMINDERS:



If your department supervisor allows you to wear a costume on October 31st, your PHS volunteer badge must still be visible above the waist.

READY TO LAUNCH!

VSys is coming! *Right now*, we have a group of volunteers helping to pilot the new database for you. We're working hard to get it all cleaned up, and it will soon be ready for you to log your hours, communicate with your manager, see the Volunteer Services calendar, and so much more!



Volunteers should never enter rooms in isolation.

CALENDAR:

October 11th SFMC Fall into Wellness event 10-2pm Lower Level

October 15th Volunteer Townhall

October 17th PH employee health fair 5pm-9pm

October 31st PKH trick or treat with Inez elementary

October 31st PH child life trunk or treat in F tower lobby

October 31st SFMC Trunk or Treat 4-6pm

Volunteering offers a wide range of benefits that positively impact both mental and physical health.

According to the Mayo Clinic, volunteering **improves mental health**, especially for older adults, by **reducing depression and anxiety while promoting better physical health**. Engaging in volunteer work also helps reduce stress; research highlighted by HelpGuide suggests that committing just two to three hours per week provides significant benefits.



Physical activity is another advantage, with Harvard Health Publishing noting that regular volunteerism among adults over 50 **can lower the risk of developing high blood pressure**. Additionally, Western Connecticut State University emphasizes that volunteering **boosts self-confidence**, offering a sense of accomplishment and pride.



Volunteering also provides a **sense of purpose**, as noted by the National Institutes of Health (NIH), and **combats depression**, according to the Mental Health Foundation. It **enhances social skills, fostering a sense of belonging and connection**, as observed by the Dr. Annise Mabry Foundation. Finally, a study cited by AARP found that volunteering can **lower the risk of dementia**, with volunteers scoring higher in cognitive testing than non-volunteers. Overall, volunteering is a powerful way to improve well-being, build connections, and enhance life satisfaction.



Presbyterian Volunteer Services is working to bring in new volunteers eager to make a difference, just like you. Whether you are passionate about community outreach, patient care, or administrative support, there is a role for everyone. Volunteering at PHS is a great way to meet like-minded individuals, develop new skills, and give back to the community. We have assignment flexibility whether you want to volunteer as a group, or individually, for a one-day event or sign up to do long term assignments.





Dear Volunteers,

As we enter respiratory season, **all volunteers** are required to submit:

- Proof of Influenza vaccination or a completed declination form
- Proof COVID vaccination or completed declination form

👉 Patient-facing volunteers: If you provide proof of vaccination, you will receive a sticker to show you are cleared to serve in patient care areas without masking. If you submit a declination form, you will be required to wear a mask during respiratory season.

👉 Non-patient-facing volunteers: If you provide proof of vaccination, you will receive a sticker. If you submit a declination form, you will NOT BE required to wear a mask during respiratory season.

When you email your proof of vaccination to your volunteer manager, please be sure to include the following information:

- Full Name
- Date of Birth
- Last 4 digits of your Social Security Number
- Current Address (including ZIP code)
- Location where you received the vaccines
- Date of vaccination
- The Presbyterian facility where you currently volunteer

⚠️ **Deadline:** All information and documentation must be submitted no later than October 31st. Volunteers who do not have the sticker by this date will not be permitted to serve in patient-facing roles.

Thank you for acting quickly to meet this requirement and for helping us keep our patients, staff, and volunteers safe.

VOLUNTEERS WANTED:

Kaseman Hospital

- Emergency Department
- Behavioral Health
- Outpatient Rehab

Presbyterian Hospital

- Gift shop Friday and Saturday 12PM-4PM
- Mail Sorting support daily

Rust Medical Center

- Gift Shop
- Food Services
- Physician's Office Building
- Food Farmacy Fridays 9AM-1PM

Santa Fe Medical Center

- Family birthing center
- Rehab/Physical Therapy
- Surgery

St. Michael's

- Rehab
- Infusion Services