

Weekly CONNECTION

September 12, 2025



PRESBYTERIAN

Volunteer Services

SPOTLIGHT:

WINNER, WINNER, The Range Café Dinner.

We drew from our list of volunteers who logged 4 hours each week in the month of August. The winner of a gift certificate to The Range Café is

Laurence Nguyen!!

Congratulations, Laurence. We'll send the gift card to your supervisor next week!

Thank you to everyone who worked hard to get those hours logged!!

VSys is here!

Get ready to log
into a

new database

tentatively on
October 21st!



September 5, 2025
Full circle with Mrs.
Van

Back in the mid-1980s, Veronica (Vern) Pound—now hospital chief executive at Socorro General Hospital (SGH)—was completing her nursing school rotation in community service.

"I figured community service meant working at a homeless shelter or food bank," Vern recalls.



Instead, her rotation paired her with the hospital's pink ladies auxiliary—a group of dedicated volunteers—and led to an unforgettable experience with Presbyterian royalty.

"I crocheted baby bonnets in the hospital basement with Mrs. Van," says Vern. "She truly inspired me."

"I sat with Mrs. Van for the entire semester," says Vern. "I was struck by how she would always do whatever needed to be done for patients and employees."

The two women bonded over a shared family experience with tuberculosis. Vern's father had come to Albuquerque for treatment, just as Mrs. Van's husband had traveled from the East Coast years earlier.

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After graduating from nursing school, Vern began her career at Presbyterian Hospital, splitting her time between labor and delivery and the pediatric intensive care unit. Marriage brought her to Socorro County, where she worked as a night nurse, then as a nurse manager in 1989. She then became SGH's OB/MedSurg manager in 1997, director of nursing in 1999, and, in 2014, hospital chief executive. Since 2020, Vern has been both hospital chief executive and chief nurse executive.

Under Vern's leadership, Socorro General Hospital has consistently achieved some of the highest patient experience scores in the Presbyterian system. Vern credits both the hospital's close-knit environment and her staff commitment to communication. "I'm a firm believer in rounding every hour," she says. "It helps remove barriers and ensures patients get what they need. That personal touch is so important."

This July, Vern's career came full circle. In recognition of her 38 years of service, Presbyterian president and CEO Rishi Sikka presented her with the Mrs. Van Recognition Pin.

"It felt like everything connected back to where I started," says Vern.

Volunteers have asked for them and we are here to tell you that discounts are available at over **140** businesses in the Albuquerque Area!



According to our recent survey asking what incentives you'd enjoy for volunteering, one of the most popular requests was local discounts and coupons. Show your badge and see what kind of discounts you can get at places like:

- **Alchemy Auto Detail**
- **Champion Xpress Carwash**
- **Dell**
- **Skechers Direct**
- **66 Diner**
- **Amore Neapolitan Pizzeria & Vino**
- **Anytime Fitness - Los Lunas**
- **Blissful Spirits Yoga**
- **Defined Fitness**
- **Jiffy Lube**
- **M'Tucci's Moderno Italian Restaurant**
- **Meow Wolf**
- **Wing Stop**
- **Microsoft Office**

Ask your volunteer manager to check the list for your favorite business before your next visit!

SIGN UP!

KKOB Golf Tournament

Location: Tanoan Country Club

Purpose: Proceeds benefitting Presbyterian Healthcare Foundation

Date: Monday, September 22nd

Three shifts available for two or three volunteers per shift, or volunteers can choose to stay all day.

6:30 - 9:00AM

9:00 - 12:00PM

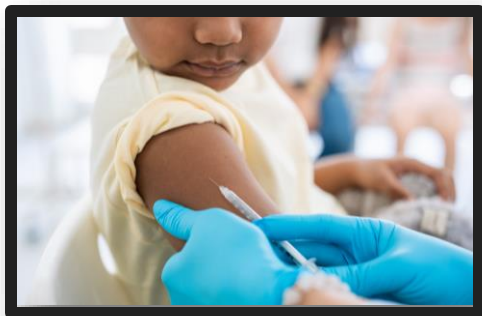
12:00 - 4:00PM

Tasks: managing check in, "selling" raffle tickets, sitting at hole-in-one holes

Food is provided!

Contact Ebone S. Garcia to sign up
egarcia66@phs.org
505-823-8821

COMING UP:



Respiratory season is coming soon. Start planning your annual FLU and COVID shot and don't throw away the receipt!

The second annual Personal Security Workshop is October 17th 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 10th

RSVP

What: Volunteer Services Town Hall Meeting

The upcoming Town Hall is your moment to *shine*! Come share your ideas, join the conversation, and connect with PHS leaders. Your presence makes the discussion more powerful and helps shape what comes next for Volunteer Services.

When: October 15, 2025, at 1:30-2:30pm

Where: Presbyterian Rev. Hugh Cooper Administrative Center, Hinton Auditorium; 9521 San Mateo Blvd NE, Albuquerque, NM 87113

How:

<https://www.signupgenius.com/go/10C084BAFA92BA7F4CE9-57938740-october#/>

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.



HELP WANTED:

Kaseman Hospital

- Gift Shop
- Emergency Department
- Behavioral Health
- Advanced Care Planning

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



 For more details or to express interest, please email cdantico@phs.org