

# Weekly CONNECTION

December 5, 2025

 **PRESBYTERIAN**  
Volunteer Services

## SPOTLIGHT:



Happy December! 

Pictured above is the Rust Medical Center Sewing Group working hard on stockings for the babies. Our sewing volunteers dedicate countless hours and use their own fabric, thread, and materials to make sure each department receives the pillows and items they need.

All of our sewing groups would be so grateful for any fabric donations or tips on upcoming fabric sales. Your support helps these amazing volunteers continue their incredible work and spread warmth and care throughout the hospital.

# **Gift Shop Sale**



All Presbyterian gift shops are having a sale. All holiday items will be 20% off from 12/1-12/13. You can double up your 20% Volunteer Discount on top of the sale if you want to take advantage.

40% birthday discount cannot be stacked with the sale)

## CALENDAR

12/7 Letter Writing Day

12/12 Kaseman Craft Fair



### World Kindness Day Giveaway!

Thank you to those who shared one act of kindness you've done recently!!

You were each entered into the drawing for a **\$25 Range Café gift card drawing!**

The winner is...

# Renie Pedregon!

Congratulations, Renie! 

You won the \$25 gift certificate for submitting and sharing your act of kindness last month! Thank you for taking the time to spread a little light—kindness has a way of lifting everyone around us, and yours truly made a difference. We appreciate you! 

# **VOLUNTEERS WANTED:**

## **Kaseman Hospital**

- Emergency Department
- Behavioral Health
- Outpatient Rehab
- Gift shop on Tuesdays, Thursdays, or Fridays

## **Presbyterian Hospital**

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

## **Santa Fe Medical Center**

- Family birthing center
- Rehab/Physical Therapy
- Surgery (urgent need!)

## **St. Michael's**

- Rehab

## **Sewing Inventory**

- Choose **any day and time** to come check on the sewing inventory. Items need to be bagged, counted, organized, and mailed.
- To help with stuffing and sewing pillows, come to the PMG on Harper drive on the first Monday every month from 9:30-12:00 noon.



# Annual Christmas Arts & Crafts Show

Friday December 12th, 2025

7:00 AM - 4:00 PM

Upper & Lower Level KPOB  
of Kaseman Pres. Hospital

Homemade Crafts, Candy, Ornaments & more!

Door Prizes!

Pauline Kyzer (505) 362-1409

Greetings  
ISLAND

# 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.



 **PRESBYTERIAN**

Volunteer Services

To learn more about volunteering at PHS you can visit our website [phs.org/community/volunteer](http://phs.org/community/volunteer)

If you have any additional questions, please contact our office at (505) 841-1501 or email us at [phsvolunteer@phs.org](mailto:phsvolunteer@phs.org)

# December Kindness 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				

ACTION FOR HAPPINESS

Happier · Kinder · Together