



**Newport Hospital**  
Lifespan. Delivering health with care.™

# The Volunteer Voice

SUMMER 2015

**Newport Hospital Auxiliary Luncheon and Style Show**  
Monday, October 5, 2015  
12 Noon  
\$40 per person

**Fall into Fashion**

Atlantic Beach Club  
55 Purgatory Road  
Middletown, RI

Proceeds will benefit the Newport Hospital CT Scanner Campaign

Fashions by Chico's, White House/Black Market and Deborah Winthrop Lingerie

**Reservations required.**  
Send checks to:  
Newport Hospital Auxiliary  
11 Friendship Street  
Newport, RI 02840  
Phone # 401-845-1638  
Check receipt confirms reservation.  
**RSVP by Sept. 28**

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*Many thanks to the Auxiliary for their generous \$500 donation to the Comfort Cart, enabling the purchase of the following:*

- \* **Music CDs**
- \* **Books on CD**
- \* **CD Players**
- \* **Portable DVD Player**

## Meet Our 2015 Shining Stars!

### Barbara Powell Keeley



By Dennis Bristow—An upward twitch at the corner of a patient’s mouth, words spoken after long silence, or a family member shaking his or her head over what seems to be a minor miracle is the reward Barbara Keeley-Powell relishes from her volunteer job as art therapist. Sporting a glittering resume from a career as a top-flight interior designer in the hospitality industry, she has developed a program of creative art to calm and inspire patients.

Barbara showed me a rendition of a folded paper box that she helps patients craft. Inside, the patient is encouraged to place talismanic words cut from cardboard. Each day a word can be selected for comfort or inspiration. She has updated the Create-A-Card program to encourage more patient participation. The cards can be quite charming and often lead to new or renewed connections with family or friends. Flower arranging rounds out her volunteer repertoire. That’s usually done in groups and, according to Barbara, gets a strong reaction from her patients. It’s easy to see that her enthusiasm and skill can move a patient to a higher state of well being. She did a project in which patients and visitors made cards to send to U.S. military personnel on duty in difficult places and circumstances.

Barbara lived in Newport through high school and then based herself in Miami for a career that saw her working in London, Paris, Dubai, Abu Dhabi, San Francisco and numerous other places – exotic and ordinary. Now a Portsmouth resident, she volunteers as many as six hours per day, two days per week on the rehabilitation, behavioral health and medical inpatient units. Barbara made a special point of how much she loves working with young people, especially teens. Recreational therapist Bethany Diedrich said about Barbara’s work on the eighth floor behavioral unit, “Patients have given great reviews of her groups because of how healing the overall experience has been for them.”

### Serafina DeAscentis

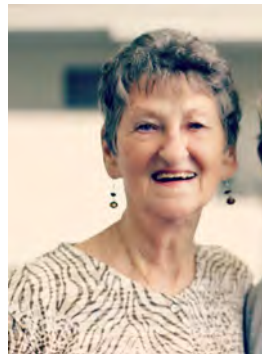


By Richard Allphin—For over 20 years, Serafina has been quilting and knitting for Newport Hospital patients. Her busy hands have logged in over 500 hours to knit finger puppets for children having a visit to the emergency room, and sew baby quilts.

Lisa Coble, Director of Volunteers, asked Serafina if she would craft quilts for patients receiving end of life care. The quilts create a warm, homey atmosphere for the patients and their loved ones. Each quilt features unique geometric patterns and gorgeous color combinations.

Over the years Serafina has sewn hundreds of quilts to donate and give as gifts. Watch for Serafina’s handcrafted quilts, placemats, and other fine items for sale every year at the annual Auxiliary Holiday Craft Fair.

### Jean Pica



By Marie Sheva—Jean Pica is fast approaching her 26th year of volunteering at Newport Hospital. She knows this hospital like the back of her hand, having worked in so many different areas, from Human Resources to Medical Records to the Comprehensive Cancer Center. Jean had no idea she would end up volunteering her

time for over a quarter of a century when her service at the hospital first began in the early ‘90s. She only knew that, having just lost her husband, she needed something positive and meaningful to occupy her time. In addition to finding a purpose, she has also made many lifelong friends. Jean says she would recommend volunteering to anyone for those reasons.

A staff member at the hospital had this to say of Jean: “She is a joy to be around and sure to ask me how I am doing. Her tireless commitment to helping our staff and patients is inspiring.”

## Fantastic Teens at Newport Hospital

### Message from Lisa Coble, Director of Volunteer Services:

A big **THANK YOU** to our summer 2015 youth volunteers. There were many super star students at the hospital this summer. The group of 20 high school and college students contributed over 800 hours of service to Newport Hospital. They served in our mobility volunteer program, transport and escorting, the Comprehensive Cancer Center, Emergency Department, Vanderbilt Rehabilitation and Diagnostic Imaging Department.

Here are some interesting facts about youth and volunteering, as published in US News and World Report\*:

*Among teenagers, even at-risk children who volunteer reap big benefits, according to research findings studied by Jane Allyn Piliavin, a retired University of Wisconsin sociologist. She cites a positive effect on grades, self-concept, and attitudes toward education. Volunteering also led to reduced drug use and huge declines in dropout rates and teen pregnancies.*

*Other research links youth volunteering to a higher quality of life as an adult, Piliavin adds. "Participating in high school tends to boost participating in adulthood, which is related to enhanced well-being." One clear message from this for parents: Get your children involved in community volunteer programs.*

Teens who wish to serve in an after-school volunteer position can go to [www.newporthospital.org](http://www.newporthospital.org) to complete the on-line volunteer application.

\*source: US News and World Report, April 4, 2012, "Why Helping Others Makes Us Happy"

### Brianna Pierre-Louis—Newport Met School Student Intern



Brianna pictured above at the Information Desk.

By Richard Allphin—Brianna Pierre-Louis hopes to one day become a midwife. She has decided on that career goal principally due to her experience as a Met School intern at Newport Hospital.

Brianna spent every Tuesday this academic year as an intern in Volunteer Services which is considered classwork by the East Bay Met School.

I had the opportunity to attend Brianna's spring semester exhibition at the Hospital as part of her internship. The theme of her presentation was, *What I Have Learned as a Volunteer at the Hospital*. Brianna spoke of her experience volunteering on Tuesdays from 9 am until 3 pm, doing rounds with the Comfort Cart and also providing patient transport.

She has learned the various emergency codes that the hospital uses and observed first-hand the procedure for a "code Amber," which means possible child abduction. Brianna explained, "The doors were guarded and no one was able to leave until the drill was over and the 'code clear' was announced."



Brianna at the Volunteer Breakfast, April 2015, with Met School Principal, Brandee Lapisky (center), and guidance counselor, Jessica Slocum, showing their support.

She explained the role of a Comfort Cart volunteer. This involves going to each floor in the Turner building and visiting every inpatient room with an occupant. She offers the wares of the cart, such as lotion, emery boards, playing cards, book, magazines, rosary beads and movies. Brianna enjoys visiting with the patients and feels the older patients in particular enjoy the time she spends with them.

Lisa Coble, Director of Volunteer Services, says, "Any task given to Brianna is taken on with a smile and she does a really good job. We have benefited from a great relationship with the Newport Met School. Brianna is performing important work for the hospital while she achieves her academic goals."



**Molly Longson—Portsmouth Abbey Student Volunteer**



By Ron Barr—When I talked with Molly, who has been volunteering three days a week as a transport aide and also with the comfort cart at the hospital, I was totally surprised to learn that she was only 16. She has just finished her junior year at Portsmouth Abbey. Molly radiates self-confidence and perception to an extent not frequently seen in adults.

A very gregarious young lady, she is a keen sailor on the school racing team and enjoys weekends on her family’s J44 sailboat. In fact, it was sailing that in a strange way brought her to volunteer at Newport Hospital. In March 2014, she was “frostbite racing” on the school’s dinghies and literally was frostbitten on two fingers of one hand. Due to the severity of the frost bite, she was taken for specialized treatment at the Shriner’s Hospital for burn victims. She told me that she was touched by the young children she saw there, so much so that her eyes were opened to a career in the medical profession, starting possibly with nursing school. She first turned that negative experience into a positive one by coming to Newport Hospital to help as a volunteer.

I asked her about her relationship at the hospital both with the staff, and interacting with patients. An interesting response was that she learned about “boundaries,” particularly when dealing with patients—when and how to engage them in conversation and when not. But overall, being able to help them was most important to her. She loved the staff and especially enjoyed Marie Sheva’s travel stories at the front desk!

This talented 16 year old has been playing the piano since the age of six. She lived in New York City and New Mexico before moving here with her family. She enjoys tennis and loves travel, speaks French and lived in Paris last summer, near the Luxembourg Gardens, as part of an “Oxbridge” sponsored exchange. While in Europe she also spent time with a cousin in London. Her recent reading list is most impressive and not a little overwhelming for her age. It includes, most recently, *The Count of Monte Cristo* and *The Age of Innocence*, together with some thirty other books she read during the last school term.

**Yvette Zhu—St. George’s Student Volunteer from China**

By Richard Allphin—Yvette Zhu is a student volunteer at Newport Hospital who spent three to four hours on Wednesdays assigned to Patient Transport. She has enjoyed her time at the hospital and has a goal of becoming a doctor.

Yvette is an all “A” student who has just finished her sophomore year at St. George’s School in Middletown. Not only is she a good student, she is an athlete who played last year on the JV field hockey and basketball teams.

She comes from Shanghai, China and has just returned from a visit home. She is now enrolled in a cardio-thoracic surgical skills internship at Stanford University in California. Already, she has operated on a pig’s heart and has been learning to do stitches. Yvette’s roommate at St. George’s is also from China.



**Molly and Yvette on the job with the Comfort Cart.**

In China, English is taught starting in Kindergarten. Her mother, whose English skills aren’t as fluent as Yvette’s, is taking an English class so that when she visits St. George’s in the fall she will be able to communicate with everyone.

Yvette sent this note to Lisa Coble, Director of Volunteer Services:

*“I just had my last volunteering this Wednesday. I enjoyed my volunteer experience at Newport Hospital so much! Thank you for giving me this opportunity and thank you for all your help.”*

### Arilyn Mitchell—Home Schooled Teen Prodigy



By Dennis Bristow— When I caught up with 15-year-old Arilyn Mitchell she was in Salt Lake City, the youngest musician ready for an American Harp Society competition sponsored by the medical firm of Lyon and Healy. Arilyn told me that as a member of a military family, she had begun volunteering at naval hospitals and clinics following the tradition of military families, including her own. Now, her home school schedule permits her to volunteer at Newport Hospital, St. Clare’s Home and a number of U.S. Navy functions.

Arilyn loves playing for patients, families and staff, and is especially excited about performing for children. She wants to work with children and says that her ideal volunteer job would be playing the harp for pediatric patients.

Arilyn played the flute before beginning to play the harp in 2009. She has continued her devotion to the harp and is scheduled to attend summer camp for harpists at an elite Boston University program for teens at Tanglewood. She will study under Ann Hobson Pilot, former principal harpist for the Boston Symphony Orchestra.

Talking with Arilyn and her mother Kimberly Mitchell is a delight. They have that “can do” attitude of military families and accomplish great things in admirable style.

I checked in with Arilyn on her way back from Salt Lake City. She said the competition went “just fine” and she invites one and all to enjoy her music on Wednesday afternoons from 2pm to 4pm in the Hill Courtyard. She promises to return at the end of August with great harp music enhanced by her training at Tanglewood.

### Lauren Wood—Middletown High School Student Volunteer



By Ron Barr—Lauren Wood has been volunteering in patient transport for the last two years. She was born in Newport Hospital and grew up in Middletown, with two brothers and a sister. She starts college this fall and yet her life already seems full of achievements. Besides being a drum majorette in the Middletown High School band, she also plays the French horn, certainly not an easy instrument to master. She volunteers for the Cystic Fibrosis Foundation through her school, organizing fund raising walks, and is president of the school chapter of the National Honor Society. If all that were not enough to impress, in addition to volunteering at Newport Hospital, she has a summer job working daily with her brother doing IT networking and web design for Middletown High School.

When I asked what she felt she had gained from her experience working as a volunteer at the hospital, her first response was that she didn’t normally associate with adults and that when volunteering she learned a great deal about how to interact with both old and younger patients. She went on to say that her relationships with the staff have been wonderful and that she was impressed and honored by the trust and responsibility that was granted her. She intends to return next year to volunteer and hopes to work in the Gift Shop.

Lauren’s hobbies include bowling, the trampoline, going to musical concerts, and Kempo Karate. Interestingly her choice of college is the URI School of Pharmacy, so her hospital experience will help her in her academic career. We wish her well and we may even see her back here one day in the future, working in the hospital pharmacy department!