

Newsflash



February 2022

Thank you, Judy!

Judy has resigned from the Auxiliary, and we are so grateful for her decades of service. All of us at the Auxiliary will miss her dearly. Below is her farewell Message.



"Where did the past 60 years go? When I think of those years, I think of the wonderful people who touched my life and helped me grow into the person I am today. Please continue to great relationship between ECH and the Hospital."

President's Message

Linda Heider

Spring is around the corner and with it comes the desire that it bring new hope to our world and the challenges we continue to face. Although the COVID numbers are declining, we must continue to be vigilant. Like the healthcare professionals we work with, we need to be positive and resilient. I see those positives on a daily basis. The work you do helps not only the hospital and its patients, but it also helps you.

So, I say give yourselves a pat on the back for hanging in there and demonstrating what it means to be an El Camino Hospital Auxilian. Kudos!

Fabulous February

Valentine's Day and Lunar New Year at the Auxiliary

This month, the Auxiliary celebrated two holidays. Wishing all of you a lot of love for Valentine's Day!



For those of you who celebrated the Lunar New Year...

May the year of the Tiger grant you happiness, wealth and longevity
Happy New Year 2022!



Gong Xi Fa Cai!



Thank you as well to Naomi Takigawa who helped decorate the Java Junction and Escort Areas for Valentine's Day

Announcements

Health Corner!

Here are some tips from Adam Borland, Psy.D., Clinical Psychologist.

1. **Exercise Each Day.** This can mean strength training, aerobic exercise, or just walking your dog.
2. **Meditate and Breathe Deeply,** repeating a calming mantra or visualizing a serene setting.
3. **Focus on a Balanced Diet** and limit your caffeine and sugar intake, which can contribute to anxiety and insomnia.
4. **Stay in Contact with People who Support You,** such as your family and friends.
5. **Take Part in Fun** (and socially distant, if required) activities with people you love. Smiling, laughing, and being emotionally present can reduce stress.
6. **Try Calming, Creative Activities,** like painting, drawing, gardening, or cooking.
7. **Practice Gratitude** by focusing on areas of life for which you are appreciative.

And make sure to talk to your doctor about your stress, especially if you are coping with depression or anxiety.



Black History Month

Editor Picks

When Charles Schulz's distributor pressured him to eliminate Franklin from "Peanuts" because he might offend pro-segregation Southerners he told him: "Either you print it just the way I draw it or I quit. How's that?"



INCLUSIVENESS IS WHAT MAKES AMERICA GREAT

INTERESTING FACTS

◇◇ ABOUT ◇◇

BLACK HISTORY MONTH

Originally focused on reaching **Black students** in public schools.



Started on February 7, 1926, as **Negro History Week**.

Launched by **Dr. Carter G. Woodson**.



Celebrated in **the US, the UK, Canada, Germany, Netherlands, and the Republic of Ireland**.



FamilySearch.org

KENT STATE UNIVERSITY

Kent State successfully promoted Black History Month in 1970.

In 1976, **President Gerald Ford** officially recognized Black History Month.

