

October 2022 • Volunteer Services Issue 3

Volunteers help in a multitude of ways, both large and small, to fulfill our mission of *Healing Experiences for Everyone All the Time*[®]

Volunteer Services Updates

What's New? A lovely Volunteer Appreciation Brunch at the Indian River Preserve was had by all. The talented Steven Heron, from the Parrish Theater, was the emcee for this event.



The morning started with a fun, trivia game testing our knowledge of Hollywood icons and the movie roles that made them famous. The walk down memory lane was enjoyed by all.



There were several beautiful door prizes given out. Steven and Parrish Healthcare President/CEO George Mikitarian were so much fun and added their own special brand of

entertainment that had everyone in stitches. It was so refreshing to laugh and enjoy simply being together.

A special *thank you* to Jackie Hurley and Jo Connell for putting on such a wonderful event, and to Parrish for sponsoring it.

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Gift Shop News. Sale-O-Bration in the Gift Shop! Shop now for seasonal and home décor as well as fashion rings, all deeply discounted. Stop in and see the new selection of *Leanin Tree* greeting cards. Happy shopping!

Contact Us. The Volunteer Services department has a dedicated phone number and email address that is monitored in case of questions, concerns or changes to your schedule. The email address is volunteerservices@parrishmed.com and the phone number is 321-268-6111, ext. 7183.

Opportunities

The top volunteer needs this month are:

- Children's Center *Various Shifts Available*
- Front Desk *Various Shifts Available*

If you can help fill this need, please contact Volunteer Services. Thank you!

Volunteering

Adult Volunteer Membership is open to anyone interested in volunteer service and who qualifies for membership.

To download the adult volunteer package, please visit parrishhealthcare.com/VolunteerApplication

Junior Volunteer Membership is open to all young people between the ages of 15 and 17, who are enrolled in school.

To download the junior membership package, please visit parrishhealthcare.com/JuniorVolunteerApplication

Calendar

Days to observe or celebrate in November:

6	Daylight Savings
11	Veteran's Day
19	Craft Fair Fox Lake Park
24	Thanksgiving

Birthdays

Happy Birthday to You! We are excited to celebrate these November birthdays!

2	Connie Washam
5	Pamela Martindale
	Janila Phelps
6	Tom Bissell
	Kathy Yohn
7	Dmitrios Pribyl
12	Doug Chamberlain
18	Karen Oddo
27	John LaBate

Health and Safety Tip

Don't Let Joint Pain Stop You. Joint pain is... well, a pain. But don't let that stop you from being active.

There are a variety of low-impact exercises and cardiovascular activities that you can do to keep moving. Swimming is a great full body workout that has very low impact on your joints.



In case you didn't know, the pool is now open! Sign up for a pool membership at Parrish Health and Wellness Center or parrishhealthcare.com/healthandwellness.

Volunteer Brunch Photos

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