

**November 2025**  
Hospital Auxiliary  
P.O. Box 70  
Lake Arrowhead, CA 92352



## Mountains Community Hospital Auxiliary

Newsletter Editor: Holly Carver  
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### Auxiliary Officers

**President:**

Jeanne Hoy: (321) 626-7418

**President-Elect:**

Open

**1st Vice-President:**

(Membership)

Ronda Rynda: 744-9411

**2nd Vice-President:**

(Ways & Means)

Pat Jongerius: 336-0737

**3rd Vice-President:**

(Volunteer Coordinator)

Holly Carver: (951) 733-9898

**Recording Secretary:**

Galla Artiaga: 436-3209

**Corresponding Secretary:**

Jenni Mitchell: 641-1553

**Nominating Chairperson:**

Open:

**Gift Shop Manager:**

Lydia Hill: 744-8545

**Parliamentarian:**

Jeannie Venturini 337-7220

**Treasurer (CFO):**

Yvonne Waggener 436-3202

### Thanksgiving Day

Over the river, and through the wood, trot fast, my dapple-gray!

Spring over the ground, like a hunting-hound!

For this is Thanksgiving Day.

Over the river, and through the wood,

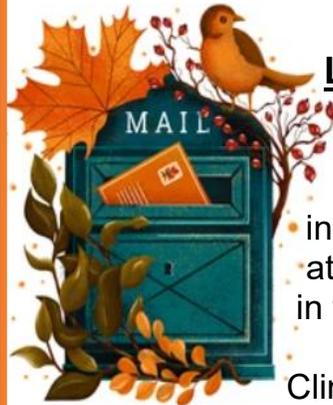
And straight through the barn-yard gate.

We seem to go extremely slow — It is so hard to wait!

Over the river and through the wood — Now grandmother's cap I spy!

Hurrah for the fun! Is the pudding done? Hurrah for the pumpkin-pie

Lydia Maria Child



### Letter from the President

Wow, this year has flown by, hasn't it?

But we still have several events coming up

including our next General Meeting being held

at 10:00 a.m. on Friday, November 14<sup>th</sup> in the

in the George Medak Conference Room in the

Medical Building. At this meeting the Rural

Clinic has offered to administer flu shots for

those who have not yet gotten one. Staff will need to know

ahead of time how many members want the immunization. (A

separate email will be sent with more information.)

Our next Bake Sale will be on Tuesday, November 25<sup>th</sup>. The employees are already asking about it so let's make them happy!

Shortly thereafter is our next big event – the Annual Cookie Distribution for MCH Staff. It will take place after a short December General Meeting on Friday, December 12<sup>th</sup>. Many thanks to Toneya Schroder for agreeing to be the lead for this project. More detailed information about the cookie distribution and our Annual MCHA Holiday party will be coming out shortly.

Wishing all of you a very Happy Thanksgiving.

**Jeanne Hoy, MCH Auxiliary President**

*General Meeting at 10:00*

*on Friday, November 14<sup>th</sup>*

*in the George Medak Conference Room*

### November Birthdays



4.....Audrey Kathman

5.....Laura Donohoo

27.....Catherine Savich

### November Calendar

11...Veteran's Day

14...Board & General  
Meetings

14...Flu Immunization  
Opportunity

25...Thanksgiving Bake Sale

27...Thanksgiving Day

NEW



Elaine & Eric Tipton  
1690 Verdi Vista Court,  
Reno, NV 89523

Jeannie & Peter  
Venturini  
24038 Watercross Drive,  
Corona, CA 92883  
Cell: (530) 219-3843

Please add their updated  
information to your directories

The one who plants



trees

knowing that he will  
never sit in their shade,  
has at least started  
to understand  
the meaning of life.

Rabindranath Tagore

This is your monthly  
reminder it's time to  
send your volunteer  
hours for **October**  
to Jenni Mitchell via

Phone/text:  
(909) 641-1553

Email:  
jenimitch07@aol.com

# GIVE THANKS Bake Sale Tuesday, November 25th

*Pie!! Cupcakes!! Cookies!! Anything pumpkin??*

It's been confirmed, once again, employees look forward  
to bake sale mornings as at the October 14<sup>th</sup> sale,  
over \$360

was raised for the hospital!!

Thank you to all the members  
who braved the wind and rain  
to contribute yummy goodies



Please bring your  
baked goods to the solarium  
by 8:00 a.m. on Tuesday, 11/25.

If you have questions, please contact  
Judy Weber or Bonnie Currier

Of course, you are also  
welcome to shop your way  
through one of our local  
bakeries or Costco and  
Sam's Club who carry  
wonderful baked goods.  
(my personal favorite!!)



## Gift Shop

Now that Halloween is behind us, we plan to bring out our thanksgiving and Christmas merchandise. Beginning the first part of November, all holiday items will be on display. We need to compete with the big box stores down the mountain who are already selling holiday joy!

If you haven't stopped by the shop, this season would be a great time to visit and see all the wonderful and unique gift items.

And something to consider, especially with the upcoming holiday season, the shop could use more volunteers to (wo)man shifts. Being open Monday through Friday, there are two shifts a day with mornings running from 10:00 to 1:00 and afternoons from 1:00 to 4:00. If you are interested in learning more, contact Lydia Hill.

Also, Pat Jonguerius would like to remind members that as the weather gets cooler and more inclement, when volunteering at the hospital you can add a white turtleneck under either your white or blue polo shirts and wear boots instead of white tennis shoes.



*Save the Date!*  
*Our Annual Holiday Party*  
*will take place on*  
*Sunday afternoon,*  
*December 21<sup>st</sup>*  
Details will follow

Hey Friend!!

From Web Site  
"All Healthy"

Social connections aren't just good for your mood: they may be good for your cells. A recent study from Cornell University found that "cumulative social advantage" — everything from childhood parental warmth to friendships, community involvement, and faith-based groups — correlates with slower epigenetic aging and lower chronic inflammation. In short, people with richer social lives may literally age more slowly.

### The Study:

Researchers analyzed markers of biological aging and inflammation alongside participants' social histories. They discovered that those with stronger, more consistent social connections over their lives had measurable health advantages compared with those who were more socially isolated.

This effect went beyond mental health, pointing to broader systemic benefits.

### The Takeaway:

Loneliness isn't just lonely — it may be shortening lifespans. Building and maintaining social ties, engaging in communities, and prioritizing relationships could be as impactful for your long-term health as diet or exercise.

### Keep In Mind:

This research is correlational, not causal. It highlights trends. Genetics, lifestyle, and environment all contribute to health outcomes. But if nothing else, this is one more compelling reason to call a friend, join a club, or volunteer this week.