November 2026
Hospital Auxiliary
P.O. Box 813
Lake Arrowhead, CA 92352

Mountains Community Hospital Auxiliary

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November Birthdays



4……Audrey Kathman
5…..Laura Linton Macfarlane
5……..Joann Pattison
27……Katherine Savich
28……...Susan Stuart

November Calendar

11….Veterans Day
13….MCHA Board & General Meetings
24….Thanksgiving Bake Sale



The year has turned its circle,
the seasons come and go,
The harvest all is gathered in,
and chilly north winds blow,
Orchards have shared their treasures,
the fields, their yellow grain,
So open wide the doorway,
Thanksgiving comes again.

author unknown

Letter from our President

Hello All,

I can't believe it's already November!! Does that mean that Thanksgiving and Christmas are right around the corner? Yikes!

Many thanks to those who helped out with the Breast Cancer Walk on October 3rd. It was a great event with a large amount of money being raised that is to be put towards the women's diagnostic equipment in the MCH Radiology Department.

Our next meeting will be held on Friday, November 13th and I'm looking forward to seeing all of you there.

Our next bake sale will be held during Thanksgiving week on Tuesday, November 24th. Let's bring an abundance of baked goods as the employees truly look forward to these sales.

Our next venture will be the annual cookie distribution for our hospital staff. Toneya has agreed again to head up this project which will be held on Wednesday, December 9th. This is always a great opportunity for us to show MCH staff how much we appreciate them. More details to follow.

I hope you all are doing well,

Jeanne Hoy, Auxiliary President

General Meeting at 10:00
on Friday, November 13th
in the George Medak Conference Room

Our meeting day is **World Kindness Day**,
established by the World Kindness Movement in 1998 to promote deliberate acts of generosity and compassion







Annual Rose Memorial

On Saturday, October 24th we had the 57th Rose Memorial Ceremony in the rose garden at Mountains Community Health. We honored 25 people, 9 from Skilled Nursing, several from the hospital and others from the community.

It was a beautiful sunny day, and some of the roses were still in bloom in spite of the last few days of rain. Thank you to Pat, Shannon and Toneya and Jack for greeting the guests and handing out programs and 23rd Psalm bookmarks so that we could gather around the heart shaped rose garden to recite the Psalm.

The ICEBERG rose was planted for 2026 signifying respect, reverence, peace, remembrance & quiet tribute in times of loss. It may look small in the picture, but it will flourish; it was covered with roses before the rain.



If you haven't seen the rose garden, the next time you stop by the hospital, take a stroll to the back and see the beauty of all the rose bushes planted for the memorial each year

Tick Tock, Tick Tock

Before the holidays take over our time, please take a minute to send me your October volunteer hours.

Whether you helped at the Walk, participated in Bible Study in SNF, sewed BooBoo Bears, greeted patients at the Welcome Desk or worked in the gift shop, every one of those hours count!

Please break down your hours by task and the amount of hours on that task. If possible, submit your hours no later than 11/15 so I can get them to Yvonne. You can submit via text, email or call!

And as always, every hour is appreciated!

Jenni Mitchell (909) 641-1553

THANKSGIVING BAKE SALE

Tuesday, November 24th



Traditionally, the November sale had included only pies, *however* we have so many talented bakers whose skills go beyond pie baking!! This year we'd like to continue to include a large variety of treats. Think of what baked treats might be part of a Thanksgiving feast….cookies, cakes, bread, rolls, cornbread, etc. Employees enjoy buying treats to share with coworkers as well as taking them home.

All baked goods should be individually wrapped and delivered to the Solarium
NO LATER THAN 8:30 A.M.

Also, since allergies to certain ingredients in baked goods have serious consequences, it is important that all items are marked as to if they **contain nuts**, are **sugar free** and/or **gluten free**.



















5th Annual Breast Cancer Walk

The MCHA was asked to partner with Soroptimist International of Rim of the World to host this event. It had become too big and involved for their Club to handle it alone. It turns out this match up was the perfect fit, especially since the money raised was earmarked to go towards the women's diagnostic equipment in MCH's Radiology Department.

With the additional support of the MCH Foundation Staff and the Crest Forest Senior Center, it was a magical day!

The Crest Forest Senior Center was also a valuable partner in this event as it provided clean restrooms, a great clubhouse atmosphere and were so helpful in allowing us to set up early on Saturday morning. Being able to stage all the Silent Auction items in the Clubhouse the day prior to the walk made it so much easier to set them up on Saturday morning.

Many thanks to our sponsors who donated $500 each:

The Law officer of Geoffrey Hopper & Associates
Lake Arrowhead Woman's Club
Lale Arrowhead Noon Rotary
Mountain Sunrise Rotary
Corvus Volatu – Jennifer Heichberger
Jenni and Don Mitchell
Smart Investments
Anonymous

Thank you to the MCH auxiliary members who either volunteered their time the day of the walk and/or donated Silent Auction items!

It was truly the best ever! There were 200+ walkers, 13 dogs, pink donuts purchased from Goodwins, a balloon arch, a fun emcee and pink tee shirts for those who pre-registered!

Assorted vendors participated including a coffee cart, fresh flowers, jewelry, stylish jean jackets, acai bowls, juices, fresh bread, Greek pastries and more!!

We are certain next year will be bigger and better! We have already come up with new and great ideas to make next year's walk even more fun and profitable. And, the Senior Center has already invited us to return next year!!

We raised $9100 from walker registration and the Silent Auction items which added to the $4000.00 received in sponsorship money. It is the most the event has ever raised!!

So please mark the event on your calendars for October 2, 2027!!

Cheryl Robinson

Was Duncan Hines a real person?

In the baking aisle of most grocery stores we find boxed cake mixes and containers of frosting with the Duncan Hines name. But unlike others, Hines was a real-life food personality, and his name was synonymous with fine dining.

Although he couldn't cook, he was a trusted authority on American cuisine for nearly three decades thanks to having an iron stomach and fearless forays into restaurant kitchens.

Hines was born in Kentucky in 1880. He worked as a traveling salesman from the '20s through the '40s which didn't allow for regular home-cooked meals. Driving 40,000 to 60,000 miles a year, he kept a journal of his dining experiences. He listed noteworthy restaurants that provided budget-friendly dishes which in 1935 cost $1.25. But Hines didn't review just meals. Since there weren't health codes and inspections weren't standard, he took it upon himself to audit kitchens. He monitored food safety practices and cleanliness, even the garbage.

Others who traveled like Hines were interested in his review of restaurants so in his 1935 Christmas card he attached a list of 167 restaurants.

In 1936 Hines published *Adventures in Good Eating*. It was a detailed compendium of U.S. eateries that was updated annually until 1962, By 1959, 300,000 copies of his guide had been sold. Hines solidified his reputation for honest critiques as he refused to be paid for good reviews.

Hines teamed up with businessman Roy Park to launch Hines-Park Foods. They marketed more than 250 groceries items under the Duncan Hines label. Their boxed cake mixes debuted in July 1951 in vanilla and devil's food. We know the brand for cake mixes however their first big seller was ice cream.

Content paraphrased - Author Nicole Garner

Because chilly weather seems to be a good time to enjoy a delicious treat, (frosted slice of Duncan Hines cake?) possibly accompanied by a cup of coffee, you may find the following information of interest

Afternoon Coffee:

When it comes to coffee and bedtime, falling asleep isn't the whole story. You might drift off easily after an afternoon coffee, sleep for your usual 8 hours and never remember waking up

…yet caffeine can still alter what happens inside your sleeping brain.

It's because sleep quality isn't measured only by how long you're unconscious.

The Study:

A 2026 systematic review in ***Nutrients*** examined 32 human studies using EEG to track the brain's electrical activity during sleep. The researchers found that:

Caffeine consistently suppressed low-frequency brain activity associated with deep, restorative NREM sleep.

It also tended to increase faster-frequency activity, shifting the sleeping brain toward a lighter, more wake-like state. Importantly, these changes could show up even when traditional measures like total sleep time or how quickly someone fell asleep looked relatively normal.

The Takeaway:

Even if you fall asleep "just fine" after an evening cup of Joe, your sleep might still be compromised.

But Keep in Mind:

This was a review of varied studies, not a single controlled trial, and caffeine's effects differ substantially between people.

For some people, even morning caffeine may influence nighttime sleep; others may notice little effect.

GOOSEBUMPS a.k.a. piloerection

Chilly autumn days are here so it's prime time for goosebumps.

What You May Want Know:

We get them for different reasons including being cold, scared, or emotionally moved but do they actually serve a purpose?

Going Deeper:

If you've ever felt like your hair is standing on end while watching a scary movie, that's exactly what's happening with goosebumps. Nerve cells signal the arrector pili muscle cells in the skin to contract, pulling on hair follicles and making them stand upright in a bump.

The Takeaway:

Goosebumps are **part of the "fight or flight" response of the sympathetic nervous system**. When our bodies sense a strong feeling, temperature drop, or impending danger, getting goosebumps is one protective reaction we experience.

The Bottom Line:

Goosebumps are likely a relic of evolution and don't have much of a role now, though they do **trap heat under the raised follicles to regulate temperature**. When goosebumps happen to animals, their fur puffs up to make them look bigger and more threatening to enemies. Humans don't have as much body hair anymore, so the result is far less intimidating!!

Source: "All Healthy"