

GIVE.
HEAL.
CHANGE.

If you would like to be a Silver Spoons volunteer, please complete our volunteer application at mercyare.org/volunteerapplication. For more information, call (319) 398-6035.

CINDY BARRIOS WAS ONE OF THE FIRST VOLUNTEERS FOR THE SILVER SPOONS PROGRAM AT HALLMAR, MERCY'S NURSING CARE FACILITY. SEE HER SPOTLIGHT AS A KGAN-TV NEWS CBS 2HERO AT WWW.MERCYCARE.ORG/SILVERSPoons.



SERVING UP SPECIAL CARE

With a little help from the Silver Spoons, mealtime for Mercy's Hallmar residents has become a special time to enjoy their food and a dash of good conversation.

The Silver Spoons are trained volunteers who assist residents who are unable or have difficulty feeding themselves.

For many of the residents, the social interaction component is almost as important as the help with eating. Overall patient satisfaction, one of Mercy's goals as a patient-centered Planetree-affiliated hospital, has risen at Hallmar since the onset of the program June 1.

"There also are medical benefits to the program," says Emily Reddish, Nurse Manager, Hallmar. "Increased meal intake helps with wound healing and proper nutritional intake."

This program is one of only a few Silver Spoons programs in the Midwest.

Three to four volunteers are needed for each meal every day.

"I was affiliated with Hallmar for many years, performing evaluations with the residents as a part of my duties as a speech language pathologist at Mercy Medical Center," says volunteer Cindy Barrios. "The implementation of the Silver Spoons Program coincided with my retirement. I had a strong appreciation for both the need and benefits of this type of volunteer feeding program. It is a wonderful opportunity to continue my affiliation with Hallmar and, hopefully, help improve the quality of life for its residents."

"IT IS A WONDERFUL OPPORTUNITY TO HELP IMPROVE THE QUALITY OF LIFE FOR THE RESIDENTS."

*Cindy Barrios
Volunteer for the
Silver Spoons Program*