

# 2021 VolunTeen BINGO!



## Turn in to our Volunteer Services office for service hour credit!

King's Daughters Medical Center is excited to offer an opportunity to local teens (ages 14-18) to accrue volunteer service hours. The teen must reside in either Boyd, Greenup or Carter counties in Kentucky or Lawrence County, Ohio, or be an immediate relative of a King's Daughters team member. This is a virtual activity that will run until Tuesday, August 31, 2021.

You will find activities and a BINGO card—in each square is an activity to help our teen volunteers learn about topics such as:

- health and nutrition
- tobacco and substance abuse
- mental health
- community service
- hospital education (both clinical and non-clinical)
- careers in healthcare

While we miss having our teen volunteers in the medical center, we believe this will be an excellent alternative and include a lot of valuable information to help prepare for the future – no matter the career path you someday choose to follow.

	<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Health & Nutrition <b>1</b>					

**The squares are worth one service hour each (unless otherwise indicated). When one BINGO line is completed, you will receive a free VolunTeen BINGO t-shirt!**

If the whole BINGO card is completed by the deadline, you will be awarded five extra service hour points.

You also can earn one bonus point for taking a selfie with your card once you have achieved “BINGO” by completing five boxes in a line on the card (or however many boxes you choose to complete). Post it to a reputable social media site (Facebook, Instagram, Twitter) using the hashtag **#KDVolunTeenBINGO**. If all the boxes and bonus opportunities are completed, that brings you to a total of 33 service hours. If you get all 33 available hours, we will add two hours to bring the total to 35 hours. For an added bonus, create and post a summary video sharing your favorite experiences and what you learned about healthcare and King's Daughters from our BINGO program (video should be at least one minute long), use the **#KDVolunTeenBINGO** hashtag, and receive an additional five (5) service hours.

You can work at your own pace and complete as much of the card as you would like, but the completed work must be emailed to Amie Schwendeman at [amie.schwendeman@kdmc.kdhs.us](mailto:amie.schwendeman@kdmc.kdhs.us) no later than 4 p.m. on Tuesday, August 31, 2021.

At the conclusion of the activity, you will be provided with a letter from Volunteer Services documenting the number of volunteer hours you earned. Instructions for each square are included. Make the most of this learning opportunity and please provide sufficient answers for each box. **Most of all... have fun!**

Questions? Contact Amie Schwendeman at (606) 408-0959 or email the address listed above.

# 2021 VolunTeen BINGO!

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Your School: \_\_\_\_\_

Your grade you will be in this fall: \_\_\_\_\_ Your Age: \_\_\_\_\_ Your Shirt Size: \_\_\_\_\_

Relative of a KDHS Team Member (their name): \_\_\_\_\_

Use these sheets to fill in your answers to the corresponding BINGO boxes. If a written response is not required please indicate in the appropriate box the day and time you completed the task. For example, when/if you complete N-3, please list the date/time you liked and followed the King's Daughters Facebook or Instagram page(s) and indicate the social media platform on which you fulfilled this box so this can be verified.

You may include additional pages if your answers to some of the questions require more space than what is provided. Please make sure you are indicating which box you are completing on any additional paperwork submitted.

You will find detailed instructions, websites or other pertinent information for each BINGO box, as well as the KDMC VolunTeen BINGO playing card, in this document.

## Health & Nutrition

**B-1** Prepare a healthy food of your choice. Take a photo of the food/meal and share your picture on a reputable social media site. Please include the recipe and use the hashtag **#KDVolunTeenBINGO** so we can see your entry. (Be sure to set the post so it's viewable by the public.)

completed      date: \_\_\_\_\_

**I-1** View the KDMC Community Services Portion Control video on YouTube. [Follow this link to KDMC's Portion Distortion Education](#). Write three facts you learned while watching the video.

Fact #1: \_\_\_\_\_

Fact #2: \_\_\_\_\_

Fact #3: \_\_\_\_\_

**N-1** Research local hiking trails in Boyd, Greenup, Carter and Lawrence counties. List the names of four trails you learn about as well as a brief description of each trail including the miles. You will receive a bonus hour if you hike one of the trails and post a photo using the hashtag **#KDVolunTeenBINGO** so we can see your entry. It can be a selfie on the trail, a group photo with friends or a scenic picture of something you saw on the trail. Have fun and don't forget to use the hashtag **#KDVolunTeenBINGO!**

Trail #1: \_\_\_\_\_

Trail #2: \_\_\_\_\_

Trail #3: \_\_\_\_\_

Trail #4: \_\_\_\_\_

**G-1** [View the KDMC Community Services Healthy Eating - My Plate video on YouTube](#). Write three facts you learned while watching the video.

Fact #1: \_\_\_\_\_

Fact #2: \_\_\_\_\_

Fact #3 \_\_\_\_\_

**O-1** Research and write about the career path of a dietitian. Make sure and include the required degree(s), certifications and the role a dietitian plays in a hospital setting.

## **Smoking, Substance Abuse & Mental Health**

**B-2** Watch the KDMC Community Service - [Preventing Tobacco Use video](#) on YouTube. Name three substances found in vaping products.

Substance #1: \_\_\_\_\_

Substance #2: \_\_\_\_\_

Substance #3: \_\_\_\_\_

**I-2** Research clinical careers that work with substance abuse and mental health patients. Choose one and write a job summary.

**N-2** Visit the King's Daughters website at [kingsdaughtershealth.com](http://kingsdaughtershealth.com). Select the menu option "Services" and click on "Behavioral Medicine." Name four things listed on the website that might be included in a patient's treatment plan.

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

#4: \_\_\_\_\_

G-2 [Read the article in this link](#) and list three myths you learn about mental health and explain why the myths are inaccurate for each one you list and what the facts are. The link is listed as a suggested site on the SAMSHA.gov website, provided by the Substance Abuse and Mental Health Services Administration. (If you are interested in learning more about substance abuse or mental health this is an excellent informational resource used by clinical professionals nationwide.)

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

O-2 Go to the website [samhsa.gov](http://samhsa.gov) and select the “Publications” tab on the far right. Once on the Publications screen, you will need to filter your search. On the left side of the page under “Publication Primary Audience,” check the box next to “General Public.” Under “Audience” check the box “Adolescents as Audience,” and lastly, under “Population Group,” check the box “Adolescents as Population Group.” You will have 20 different tip/fact sheets to choose from, covering topics on mental health and substance abuse. Choose one and write a summary about what you learn. Make sure to identify which publication you read.

## Community Service

B-3 Visit [kingsdaughtershealth.com](http://kingsdaughtershealth.com) and select “About Us” on the home page, then select "Community Health Needs Assessment.” Read the first three paragraphs then click on the KDMC CHNA Implementation Plan. Read pages nine through the top of page 12 to cover the first two Community Health Needs that were identified and the plan to address those needs. List the five needs identified through the Community Health Needs Assessment that are areas of focus for King’s Daughters Medical Center. You will receive two hours for completing this box!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

2. What counties were included in the assessment?

3. Give a brief summary of the service area description (pages 3-4).

4. List two of the five goals of the assessment process (pages 4-5).

1. \_\_\_\_\_

2. \_\_\_\_\_

5. What are two factors that can make it difficult to access preventive services and pursue living healthy lifestyles? (page 5)

1. \_\_\_\_\_

2. \_\_\_\_\_

6. List the criteria used to determine the top health needs upon which the implementation plan has been established (page 6).

7. Summarize the implementation plan goals, objectives and strategies for substance abuse.

8. Summarize the implementation plan goals, objectives and strategies for obesity.

I-3 Visit [kingsdaughtershealth.com](http://kingsdaughtershealth.com) and select “About Us” on the main menu. Scroll down and select “Events” in the blue box on the right of the screen. Find an upcoming health screening and list the details regarding the screening. Please note that due to the pandemic there are a limited amount of health screenings listed, but we look forward to increasing the number of screenings again in the future. :)

- N-3 This is nearly a free space. Find King’s Daughters on social media and like and follow our pages.  
 completed       Facebook       Instagram       Twitter      date: \_\_\_\_\_
- G-3 Make a donation of food, personal care items or gently used clothing to a local non-profit. Take a selfie making the donation and post a photo using the hashtag **#KDVolunTeenBINGO** so we can see your entry.  
 completed      date: \_\_\_\_\_
- O-3 Contact Amie Schwendeman in Volunteer Services at (606) 408-0955 to schedule a phone interview with one of our King’s Daughters volunteers. During the interview, make sure to identify what job they are assigned while volunteering. Find out what role the Auxiliary plays in the Volunteer Services Department and how they are involved with fund-raising and giving back to programs within the hospital that directly impact our patients. Have fun with this and be creative with your questions. Our adult volunteers are a wonderful group!  
 Share what you learned during the interview:

## Clinical, Non-Clinical & Hospital Education

- B-4 Visit [kingsdaughtershealth.com](http://kingsdaughtershealth.com) and select “About Us” on the main menu. Select “Our History” and read the page then answer the attached questions.

### Our History

1. What was the name of the local chapter of the International Order of King’s Daughters and Sons that met in the home of Rosetta Fisher on Carter Avenue? \_\_\_\_\_
2. In what year did this local chapter originate? \_\_\_\_\_
3. What are the names of the 10 charter members? \_\_\_\_\_
  
4. Who was the hospital’s first superintendent? \_\_\_\_\_
5. What was the diagnosis of the first patient? \_\_\_\_\_
6. What was the first surgery performed? \_\_\_\_\_
7. In what year did the What-So-Ever Circle purchase a two story, nine-room frame house on Winchester Ave? \_\_\_\_\_
8. In what year did construction begin on the new facility that is located on the 2200 block of Lexington Ave.—our permanent address? \_\_\_\_\_

I-4 [View the King’s Daughters AED YouTube video](#), then share three things you learn from watching.

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

N-4 [Visit this link](#) and read the article, “What does the HIPAA Privacy Rule Do?” Write a summary of what you learn.

G-4 [Visit this link to watch the King’s Daughters YouTube video “Handwashing.”](#) Name two things you learn from watching the video.

#1: \_\_\_\_\_

#2: \_\_\_\_\_

O-4 Visit [kingsdaughtershealth.com](http://kingsdaughtershealth.com) and select “Services” on the main menu. Choose a medical/surgical specialty from the available services. Read the information provided on the specialty you review and write a summary.

## Careers in Healthcare

- B-5 Visit [kingsdaughtershealth.com](https://kingsdaughtershealth.com) and select “Careers” on the main menu. Search available positions (you can enter zip code 41101 if you aren't local to Ashland). Choose a posted open position and write a job summary. Include in your summary the position you selected, the required education, and highlight the duties, working environment and physical demands listed in the posting.
- I-5 Research non-clinical careers in a hospital or clinical setting. Select a career you hadn't considered before that you discover in your search. Write a summary of how that role is essential to hospital operations.
- N-5 Visit [kingsdaughtershealth.com](https://kingsdaughtershealth.com) and select “Providers” on the main menu. Choose a medical or surgical specialist to review from our listed medical staff. Write a summary including their specialty, education, residency and fellowship (if applicable) programs. Include details about their current certifications. If you are not familiar with what a residency or fellowship program is, you may want to do a little research to better understand the amount of education a physician obtains prior to practicing medicine.



- G-5 Research the different levels of nursing: LPN, R.N., BSN, and APRN. Compare and contrast the differences in education, certification and what you learn regarding their different roles in a hospital or clinical office setting. For an extra service hour you can do an additional comparison of advanced level nursing certifications (APRN & CRNA).

For an extra service hour:

- O-5 Visit [kingsdaughtershealth.com](http://kingsdaughtershealth.com) and select “About Us” on the main menu, then select “King’s Daughters Leadership.” Choose a KDHS leader. Write a summary of the education they have completed and the certificates they have achieved, the jobs/titles they have held at King’s Daughters throughout the history of their career and summarize their current role in leadership. You may need to do a little research to get a better understanding of what someone in their position might be responsible for within the Health System.

## Related Links

- Community Services Portion Control ..... <https://youtu.be/SQCRTzHUQY0>
- Community Services Healthy Eating - My Plate ..... <https://youtu.be/Ajmj2tf4K14>
- Community Services Preventing Tobacco Use ..... <https://youtu.be/h2oSQrrpuTo>
- King’s Daughters Medical Center ..... <https://kingsdaughtershealth.com>
- Site for mental health resources ..... <https://www.mentalhealth.gov/basics/mental-health-myths-facts>
- Substance Abuse and Mental Health Services Administration ..... <https://www.samhsa.gov>
- King’s Daughters AED training ..... [https://youtu.be/mqCRpc\\_dSho](https://youtu.be/mqCRpc_dSho)
- HIPAA Privacy Rule .....  
..... <https://www.hhs.gov/hipaa/for-individuals/faq/187/what-does-the-hipaa-privacy-rule-do/index.html>
- Community Services Handwashing ..... <https://youtu.be/gq6iT6LZWS4>

# B

# I

# N

# G

# O

Health & nutrition

## 1

Prepare a healthy food of your choice. Share a photo on social media. Include the recipe and hashtag #KDVolunTeenBINGO

View the King's Daughters Portion Control video and name 3 facts you learned.

Research local hiking trails. Name/describe 4 trails.  
Bonus hour if you hike a trail and post on social media using the hashtag #KDVolunTeenBINGO

View the Healthy Eating - My Plate video. Share 3 things you've learned.

Research the career path of a dietitian. Write about the education and certification requirements & the role a dietitian plays in a hospital.

Smoking, substance abuse & mental health

## 2

Watch the Preventing Tobacco Use video and name 3 substances found in vaping.

Research clinical careers that work with substance abuse and mental health patients. Pick one and write a job summary.

Read about Behavioral Medicine on the KD website and list 4 things that may be included in a patient's treatment plan.

Visit the link to the Mental Health Myth & Fact article. List three myths you learn about mental health and explain.

Visit the SAMHSA website and select a fact/tip sheet. List 3 things you learn from your selected publication.

Community service

## 3

Review the Community Health Needs Assessment on the KD website and answer the attached questions. (2 service hours)

Find the list of upcoming health screenings on the KD website. Choose one and list the details.

Like and follow King's Daughters on Facebook and/or Instagram

Donate non-perishable food, personal care items or gently used clothing to a local non-profit. Take a photo and share with #KDVolunTeenBINGO

Interview a King's Daughters volunteer. Share what you learned from your conversation.

Clinical, non-clinical & hospital education

## 4

On the King's Daughters website, look up and read "Our History" then answer the attached questions.

View the King's Daughters AED video. Share 3 things you learned.

Read the provided article on the HIPAA law and write a summary of what you learned.

Review the KD Community Service Handwashing video and name 2 things you learned.

Look up the medical/surgical specialty of your choice on the KD website. Review and write a summary.

Careers in healthcare

## 5

Research available careers on the KD website. Search "open positions" and select one. Write a job summary.

Research non-clinical careers that you could pursue in a hospital setting. Select one and write a summary of how that role is essential.

Go to the KD website, select a medical specialist. Write a summary about their training.

Compare and contrast the differences between LPN, RN and BSN. Bonus hour if you include APRN and CRNA.

Choose a leader from the KD website and summarize their career path.