

## Valley Health System “Learn & Serve” Bingo for College Students

At Valley, we understand the challenges that COVID-19 has posed to not only our staff but also our volunteers. As the 2020 school year begins, we are reminded of the many requirements most students need to meet for service and volunteer hours as part of their program or curriculum. To provide our volunteers with a safe alternative to in-person volunteering, we have created a virtual opportunity, “*Learn & Serve Bingo*.” The activities and tasks on each square below are designed to (1) develop your understanding of our System and the services we offer, (2) increase your knowledge of healthcare roles and specialties, (3) support your health, and (4) provide to your community, family and friends and our hospital.

The total hour value for each box is displayed on each individual box below, not including the “Bonus Hours” opportunities. For each “Bingo” you achieve (you will receive one additional service hour). If you complete the entire board, you will also receive five \*bonus\* hours. The total base value of the board is 61 hours.

**How to submit your Bingo Board and Hours:** In **one e-mail**, include your completed Bingo Board, one comprehensive Word document with all of your completed tasks (identified by box number,) and any photos or additional materials, to Volunteer Resources, [volref@valleyhealth.com](mailto:volref@valleyhealth.com). **You must add up all of your total hours, including all bonuses** and include that in your e-mail. **You must also include your full name, school, graduation year and hometown in the body of the e-mail. E-mail subject line should be: “Last name, College, Completed Bingo Board, Total # of Hours Earned).** We will verify all information as it is received but we will not tally your hours for you. You can only complete this board once. Thank you and we hope you enjoy!

1	2	3	4	5
<p><b>“You Choose”</b></p> <p><b>1 hour</b></p> <p>Please select a kind act or act of service to carryout.</p> <p>Provide a brief summary of the experience.</p>	<p><b>Support and Appreciate!</b></p> <p><b>3 hours</b></p> <p>Paint five rocks with inspirational words or phrases and leave them outside of any Valley facility to inspire staff!</p> <p><b>**If you are away at school, instead of a Valley facility, please leave them outdoors for the community to enjoy.*</b></p> <p><b>Bonus Hour Opportunity:</b> For each group of five rocks you create and distribute, you will get an additional 2 hours of service.</p> <p>Provide photos of yourself making and placing the rocks.</p>	<p><b>Connect with Yourself!</b></p> <p><b>2 hour</b></p> <p>Go for a walk or other outdoor activity. Take time to tune into your senses and be present and mindful in the experience.</p> <p>Share a photo and a few observations/comments from the experience.</p>	<p><b>Connect with Family!</b></p> <p><b>3 hours</b></p> <p>Cook your friends or family dinner and take care of all the cleaning! Focus on togetherness and being present in conversation and the cooking experience!</p> <p><b>*If you live alone, cook yourself a special meal as a special treat, savoring each step.*</b></p> <p>Share a photo and a few comments about the experience.</p>	<p><b>Connect with Yourself!</b></p> <p><b>2 hour</b></p> <p>Visit Valley Lifestyle’s <a href="#">Online Exercise Library</a> and try one virtual class!</p> <p><b>Bonus Hour Opportunity:</b> For each class you take, you will get one additional hour of service. List all the classes you participated in.</p> <p>Share your thoughts on the virtual exercise experience.</p>

6

**Educate Yourself!**

**3 hours**

Learn more about the Valley Hospital Foundation & their giving community, [here](#). Develop an understanding of the impact of a donor and how the Foundation works to support all of Valley’s entities and services.

Write a summary of what you learned and reflect on a philanthropic experience that you’ve had or benefitted from.

7

**Support and Appreciate!**

**2 hours**

Make 10 appreciation cards for essential workers at VHS - OR-10 “Thinking of You” cards to send to patients at VHS.

**Mail cards** to Volunteer Office (223 N. Van Dien Ave., Ridgewood NJ 07450) for distribution and share a photo of you creating the cards.

**Bonus Hour Opportunity:** You can earn one extra hour of service if you post a photo of yourself creating these cards and tag Valley on Social Media AND for every additional 10 cards donated, 2 service hours will be awarded for each grouping of 10.

8

**Educate Yourself!**

**2 hour**

Research the [Valley Health System Mission Statement](#).

Learn about how our Hospital, Valley Medical Group & Home Care work together to provide outstanding patient care.

Develop your own mission statement and share some comments on creating it.

9

**Educate Yourself!**

**3 hours**

Visit our website to learn about our comprehensive approach to Cardiac Care [here](#).

In this [series of videos](#), you will learn about heart disease and Valley’s Dr. Kedar Sankholkar, Cardiologist, Valley Medical Group, approach to medicine and patient care.

Consider what your approach would be in the same position and write about your thoughts and include any experiences you may have already had to help you form your opinion and include a summary of what you learned.

10

**Educate Yourself!**

**3 hours**

In this video, [Focusing on Thyroid Nodules](#) - Dr. Anna Kundel, Medical Director of Endocrine Surgery, explains what thyroid nodules are, risk factors and symptoms.

Visit [here](#) to learn more about Valley’s comprehensive approach to Endocrinology.

Write a summary of what you learned.

<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>Connect with Us!</b></p> <p style="text-align: center;"><b>1 hour</b></p> <p>“Like” Valley on Facebook &amp; Instagram and subscribe to Valley’s YouTube Channel <a href="#">here</a>.</p> <p><b>Bonus Hour Opportunity:</b> For one additional service hour. Leave a comment on two posts to engage with our virtual community! Provide a photo of your comments.</p>	<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Attend the virtual education session on resumes, <a href="#">here</a>.</p> <p>Attend the virtual education session on interviews, <a href="#">here</a>.</p> <p>Develop your own resume for use for school or employment and share it with us! Then, practice mock-interviews with a roommate or family member to hone your skills.</p>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;"><b>FREE</b></p> <p style="text-align: center;"><b>SPACE</b></p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Visit our website to learn about our Center for Digestive Health <a href="#">here</a>.</p> <p>Watch <a href="#">this video</a> to learn the top things to watch out for regarding pediatric stomach issues, with Dr. Quiros.</p> <p>Write a summary of what you learned.</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Visit our website to learn about our <a href="#">Approach to Home Care</a>.</p> <p>In this series of videos, you will also learn about <a href="#">hospice care</a>. Watch the videos and research more about our Home Care offerings.</p> <p>Write a summary of what you learned.</p>
<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Connect with Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>For healthcare providers, “Mindfulness” is essential. Try a Valley Mindfulness Breath Meditation <a href="#">here</a>.</p> <p>Watch this <a href="#">video</a> from our <a href="#">Community Health</a> to learn about how to improve your memory and how you retrieve information. Then review all of the services they provide to our community.</p> <p>Share a few comments on how you felt about your experience with meditation and summarize your findings on memory and Community Health.</p>	<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Learn about our comprehensive approach to Stroke Care, <a href="#">here</a>.</p> <p><a href="#">Focusing on Atrial Fibrillation Treatment and Stroke Prevention</a>. Dr. Mark Preminger, Cardiac Electrophysiologist, Valley Medical group, discusses stroke symptoms and their relationship between the two.</p> <p>Write a summary on what you’ve learned.</p>	<p style="text-align: center;"><b>18</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Visit our website to learn about our comprehensive approach to Sleep Medicine <a href="#">here</a></p> <p>Dr. Rosen discusses the connection between sleep apnea and atrial fibrillation, <a href="#">here</a>.</p> <p>Dr. Barasch shares tips to improve your sleep, <a href="#">here</a>.</p> <p>Write a summary of what you learned.</p>	<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"><b>Connect with Community!</b></p> <p style="text-align: center;"><b>1 hour</b></p> <p>Reach out and call a relative or friend that you haven’t connected with in a while to say “Hello!”</p> <p>Share a few comments on how you felt about the experience.</p>	<p style="text-align: center;"><b>20</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>1 hour</b></p> <p>Learn about Valley’s set of values &amp; standards, <a href="#">SERVE and CARE</a>.</p> <p>Write a summary of the value of this approach in a healthcare environment.</p>

<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Throughout these <a href="#">seven videos</a>, you will meet and learn about the accomplished physicians from our Valley-Mount Sinai Comprehensive Cancer Care Center!</p> <p>Visit our website to learn about our approach to Cancer Care, <a href="#">here</a>.</p> <p>Write a brief summary of what you learned.</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Visit our website to learn about our comprehensive approach to Neurological Care, <a href="#">here</a>.</p> <p><a href="#">In this series of videos</a>, you will learn more about Gamma Knife radiosurgery, a non-invasive option that can treat some brain-related conditions.</p> <p>Write a brief summary of what you learned.</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Learn about Valley's Bariatric Surgery &amp; Weight Loss Programs <a href="#">here</a>.</p> <p><a href="#">In this video</a>, you will learn and overview of metabolic surgery and weight-loss surgery.</p> <p>Write a brief summary of what you learned.</p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>3 hours</b></p> <p>Learn about our approach to comprehensive orthopedic care from Dr. Anthony Delfico, <a href="#">here</a>.</p> <p><a href="#">Here</a> you can learn more about Valley's approach to Joint Replacements. Also, be sure to check into our related programs including <a href="#">Rehab</a> Services.</p> <p>Write a brief summary of what you learned.</p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><b>Educate Yourself!</b></p> <p style="text-align: center;"><b>4 hours</b></p> <p>Learn about our Maternal &amp; Child Health Program, <a href="#">here</a>.</p> <p>In this <a href="#">series of videos</a>, you will learn more about Valley's Comprehensive Fertility Services.</p> <p>Learn more about a birth doula, from Afshan, <a href="#">here</a>.</p> <p>Explore our Center for Childbirth Services, <a href="#">here</a>. You can even take a tour of our state-of-the-art facility.</p> <p>Write a brief summary of what you learned.</p>
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