

Valley Health System “Learn & Serve” Bingo for High School 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 46 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. **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, High School, 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>“You Choose”</p> <p>1 hour</p> <p>Please select a kind act or act of service to carryout.</p> <p>Provide a brief summary of the experience.</p>	<p>Support and Appreciate!</p> <p>3 hours</p> <p>Paint five rocks with inspirational words or phrases and leave them outside of any Valley facility to inspire staff!</p> <p>Include photos of yourself making and placing the rocks.</p> <p>Bonus Hour Opportunity: For each group of five rocks you create and distribute, you will get an additional 2 hours of service.</p>	<p>Connect with Yourself:</p> <p>2 hours</p> <p>Go for a walk or other activity outdoors. Take time to tune into your senses and be present in the experience.</p> <p>Share a photo and a few observations/comments from the experience.</p>	<p>Connect with Family:</p> <p>3 hours</p> <p>Cook your family dinner and take care of all the cleaning! Focus on togetherness and being present in conversation and the cooking experience!</p> <p>Share a photo and a few comments about the experience.</p>	<p>Connect with Yourself:</p> <p>2 hours</p> <p>Visit Valley Lifestyle’s Online Exercise Library and try one virtual class!</p> <p>Bonus Hour Opportunity: 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 brief summary of what you learned.

7

Support and Appreciate!

2 hours

Make 10 appreciation cards for essential workers 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 hours

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

Connect with Us!

1 hour

Take a selfie with your mask on and tag Valley on social media to promote the importance of safety and social distancing!

10

Support and Appreciate!

2 hours

Create 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.

<p style="text-align: center;">11</p> <p style="text-align: center;">Connect with Us!</p> <p style="text-align: center;">1 hour</p> <p>“Like” Valley on Facebook & Instagram and subscribe to Valley’s YouTube Channel here.</p> <p>Bonus Hour Opportunity: For one additional service hour. Leave a comment on two posts to engage with our virtual community!</p> <p style="text-align: center;">Provide a photo of your comments.</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Educate Yourself:</p> <p style="text-align: center;">2 hours</p> <p>Attend the virtual education session on resumes, here.</p> <p>Develop your own resume for use for school or employment and share it with us!</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">FREE</p> <p style="text-align: center;">SPACE</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Educate Yourself:</p> <p style="text-align: center;">3 hours</p> <p>Visit our website to learn about our Center for Digestive Health here.</p> <p>Watch this video to learn the top things to watch out for regarding pediatric stomach issues, with Dr. Quiros.</p> <p style="text-align: center;">Write a summary of what you learned.</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Educate Yourself:</p> <p style="text-align: center;">3 hours</p> <p>Visit our website to learn about our Approach to Home Care.</p> <p>In this series of videos, you will also learn about hospice care. Watch the videos and research more about our Home Care offerings.</p> <p style="text-align: center;">Write a summary of what you learned.</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">Connect with Yourself:</p> <p style="text-align: center;">1 hour</p> <p>For healthcare providers, “Mindfulness” is essential. Try a Valley Mindfulness Breath Meditation here.</p> <p>Share a few comments on how you felt about the experience.</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Connect with Community:</p> <p style="text-align: center;">1 hour</p> <p>Connection with our community is more important than ever. Help a friend or neighbor with a project.</p> <p>Write a brief summary describing the experience and how it made you feel.</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Educate Yourself:</p> <p style="text-align: center;">3 hours</p> <p>Visit our website to learn about our comprehensive approach to Cardiac Care here.</p> <p>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.</p> <p style="text-align: center;">Write a brief summary of what you have learned.</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Connect with Community:</p> <p style="text-align: center;">1 hour</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 the experience made you feel.</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Educate Yourself:</p> <p style="text-align: center;">1 hour</p> <p>Learn about Valley’s set of values & standards, SERVE and CARE.</p> <p style="text-align: center;">Write a brief summary of the value of this approach.</p>

21

Educate Yourself:

2 hours

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

Write a brief summary of what you learned.

22

Educate Yourself:

2 hours

Watch this [video](#) from our [Community Health](#) to learn about how to improve your memory and how you retrieve information. Then review all of the services they provide to our community.

Summarize your findings on memory and Community Health.

23

Educate Yourself:

2 hours

Learn about Valley's Bariatric Surgery & Weight Loss Programs [here](#).

Write a brief summary of what you learned.

24

Educate Yourself:

1 hour

Locate your family's first aid kit and ensure essentials are on hand. Then, review your family's fire safety plan and conduct a run-through so that everyone knows what to do in case of emergency.

Write a brief summary of the experience.

25

Educate Yourself:

2 hour

Attend the virtual education session on interviews, [here](#).

Practice mock-interviews with a roommate or family member to hone your skills. Provide some comments about the experience and remark on something that you took away from the video.