

**WEST BOCA
MEDICAL CENTER**



Helen Bernstein

Helen Bernstein has been a volunteer with West Boca Medical Center since March 1987. Helen initiated our Friendly Visitor program, and has trained every Friendly Visitor volunteer since the inception of the program. Helen volunteers twice a week and begins each day on our Post Partum unit where she offers a souvenir calendar to the moms so they can document the new baby's milestones throughout their first year of life. She also brings a coloring book and crayons to any older siblings so they don't feel like the new baby is getting all the attention. Many of the moms remember Helen's smile from the births of their other children and are thrilled to have the calendar for the new baby.

Once Helen is finished with the Post Partum unit, she then moves on to our Adult inpatient units. She visits each patient and spends time visiting. She always asks what she can do to make the patient more comfortable. Often, all they want is a friendly face to talk to and be distracted from the fact they are in a hospital even for a short time.

Helen is no stranger to service. Prior to joining the volunteer team at WBMC, Helen was a volunteer for 23 years at Long Island Jewish Medical Center, New Hyde Park, NY. We are lucky this kind and generous woman chooses to share herself with the patients at WBMC.