

VOLUNTEER OPPORTUNITIES

The Volunteer/Auxiliary Services Department has many interesting volunteer opportunities...for you or your friends! If you know someone who is looking for a worthwhile way to spend their free time tell them to try volunteering! They can contact us at 262-569-0293 or 262-569-0202, Tammy Fox-Husband or Diane Goodchild, for more information. We are currently looking for volunteers in:

- ✦ Admitting
- ✦ Dog Therapy (certification required)
- ✦ Patient Family Lounge
- ✦ Reception Desk
- ✦ The Gift Box Boutique

Volunteer Application forms are also available at the Reception Desk. If you are volunteering and are approached by an individual interested in joining us please escort them to the Reception Desk and ask the volunteer or employee there for a volunteer application. ■

UNIVERSITIES HELPING TO SOLVE THE MENTAL HEALTH CRISIS

One in five Americans endures some form of mental health problem. Unfortunately many don't receive the behavioral health care they need due to severe shortages of mental health professionals. 1. Rethinking Mental Health Care Education, Guy Fiorita, Milwaukee Lifestyle Magazine, pp 37-38 November 2018.

These are sobering statistics, but thanks to forward thinking at three Milwaukee area universities, there are increasing numbers of mental health professionals and counselors to give clients the much needed care they require.

Marquette University, Alverno College and Mount Mary College have been adding more post graduate programs since 2011 to increase the quality and number of mental health professionals. "Interest in mental health fields are up." Dr. Douglas Woods, Prof of Psychiatry and Dean of Graduate Studies, Marquette University.

Alverno College has offered MS in Community Psychology since 2011. The college also offers an Education Specialist program that leads to both MS in Educational Psychology and Educational Specialist degrees. "We launched this program to meet the ever growing demand of Wisconsin. School Psychologists are needed in many educational

ADVOCACY DAY 2019!

REMINDER: The annual Wisconsin Hospital Association Advocacy Day is coming up soon. The event will be held on Wednesday, April 17 at Monona Terrace in Madison. Registration is available on the WHA website, www.wha.org and there is no cost to attend.

Advocacy Day grows each year both in size and impact made on our legislators in Madison, and is one of the best ways for hospital employees, trustees and volunteers to make an important, visible impact in the state capitol. Last year more than 600 visits were made with legislators. More than 1,100 of our peers are expected to attend.

As always, Advocacy Day will have a great lineup of speakers and sessions, including opening keynote speaker, Tommy G. Thompson, the four-term governor of Wisconsin and former U. S. Health and Human Services Secretary. Thompson has been a leading advocate for the health and welfare of all Americans and has most recently co-authored Tommy: My Journey of a Lifetime. Thompson's speech will be followed by a legislative panel discussion and a luncheon keynote address from Governor Tony Evers.■

Barb Baker President,
Oconomowoc Memorial Auxiliary

settings. There are vacancies going unfilled." Dr. Rachel Reinders, Assistant Professor of Psychology, Alverno College.

Mt Mary College has also added educational and counseling programs to their curriculum. Compared to the traditional PhD in Psychiatry and Psychology, these programs take less time, cost less and provide much needed mental health care. Milwaukee Lifestyle Magazine November 2018.

In addition to more master degree programs at the University, Marquette has recently announced a \$250,000 grant to fund a Mental Health Clinic inside the Next Door Foundation to meet the mental health needs of one of Milwaukee's most depressed neighborhoods. The clinic will be tied to the University and serve as a training center for young people to become mental health professionals.

It is hoped that the increasing number of practitioners will help provide the care the area needs. Marquette Champions New City Mental Health Clinic. John Schmid, Milwaukee Journal Sentinel, January 23, 2019. ■

Lura Jennings
Health Education



STYLES IN BLOOM
STYLE SHOW, LUNCHEON AND RAFFLE

The style show committee is working hard on the upcoming Spring Style Show, and is proud to announce Styles in Bloom. It is hard to believe that we are celebrating the 42nd anniversary of this spectacular event. Styles in Bloom is sure to be a wonderful time to spend with your co-workers, family members and friends and would make a great early Mother's Day gift.

Plan to experience this fantastic show, which will, once again, be held at the Golden Mast, on Thursday, May 9, 2019. Seating is limited, so please send your reservation request in early. Last year's event was a sell-out crowd.

Nancy Doerfler and Bev Mueller will serve on the hospitality committee. They have been working with the Golden Mast on the menu and are planning, once again, to fill the restaurant to a maximum capacity of 450! The price for reservations will remain at \$35 each and will be accepted on a first-come, first-serve basis. The itinerary is listed below:

- 11:00 a.m. Social Hour and Gift Box Boutique Shopping
- 11:45 a.m. End of Raffle Ticket Sales
- 12:00 p.m. Luncheon
- 1:00 p.m. Style Show

Proceeds from this year's Style Show, Luncheon and Raffle are designated for improvements to our Patient Family Lounge, providing family members and loved ones a comfortable and soothing environment to rest while awaiting word on the surgical outcome of a patient, as well as other worthwhile causes.

Sue Gilmore will serve as the Raffle Chair, assisted by Nancy Biersack and Arlene Zander. Raffle tickets will be available for purchase (1/\$5; 3/\$10; 10/\$25) at The Gift Box beginning the first week of April, at the Volunteer Banquet in April and at Golden Mast on the day of the Style Show (from 11-11:45). This year's Grand Prize is \$1,000, Second Prize is \$500, and there are many other wonderful prizes. Winners need not be present to win!

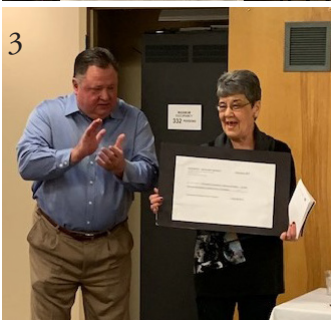
Judy Berghoefer and Pat Oestreich are working with stores and models. Participating stores are: The Gift Box Boutique, cabi personalized clothing sales, Delafield Main Street Boutique, Fray, Kalon and Tobin's.

For those of you who attended last year's event, you know that it was a huge success. We are asking for your support to make Styles in Bloom just as successful, but we need your help to make this happen.

To make reservations, please contact: Tammy at 262-569-0293 / tammy.fox-husband@phci.org or Diane at 262-569-0202 /diane.goodchild@phci.org. ■

CONGRATULATIONS TO THIS YEAR'S AWARD RECIPIENTS!

On Wednesday, February 13th, we gathered for our Annual Recognition Tea and Awards Ceremony. We were pleased to present 19 volunteers with their awards. After the presentation our guests enjoyed refreshments and visiting with their fellow volunteers. Congratulations to all honorees and thank you to all who attended! ■



1 – Award Recipients Seated, L – R: Sue Gilmore, Mary Lee Petersen, Bev Mueller, Sue Manzke. Standing L – R: Linda Rupnow, Barb Baker, Barb Hlavachek, Deb Brinsko, Diane Sobehrad

2 – Lu Piber, Barb Jamerson, Bev Ott, June Perrine, Nancy Biersack, Marti Klug and Deb Brinsko (back) listen carefully

3 – Phil Kubow claps in acknowledgement of the donation of ½ of the Auxiliary Pledge.

WHAT'S NEW IN THE GIFT BOX

Hop on in to The Gift Box to find unique and fun items! Whether decorating your home or looking for something special for an Easter Basket, The Gift Box Boutique has just what you are looking for!

Don't forget that Mother's Day and Father's Day are also just around the corner and what better place to find that unique gift than our own hospital's gift shop!

Please remember that all proceeds from the Gift Box are donated back to the hospital, through Oconomowoc Memorial Auxiliary, for various department needs, medical scholarships and other worthwhile community needs. ■

INCLEMENT WEATHER We are so fortunate to have such dedicated volunteers, but if the weather is bad please don't feel that you have to come in for your volunteer shift – your safety always comes first. We would appreciate it if you would let us know that you won't be coming in though – please just call or email one of us – thank you! ■

JOIN US ON MARCH 13TH!

Please bring a friend and join OMH Auxiliary at Shorehaven's Life Enrichment Center on Wednesday, March 13th, 1-2 p.m., for a "Friends of Oconomowoc" presentation. We will be sharing information about our volunteer service, community outreach, and fundraising for hospital equipment, programs, and health-related scholarships.

We hope this informative session will bring us new Auxiliary members and/or volunteers while providing an understanding and appreciation of the significant impact the Auxiliary provides OMH, its patients and staff, and our neighbors and friends. To reserve a place at this free presentation, please call **Jill by March 6th at 262-354-1375.** ■

MARK YOUR CALENDARS NOW!



The annual (and always fun) Volunteer Banquet for regularly scheduled volunteers will be held on Wednesday, April 10th at the Red Circle Inn. Your personal invitation will be mailed soon. Please be sure to attend this special appreciation for all our hard working volunteers. ■

EXCITING DESTINATIONS AWAIT TRAVELERS



We are pleased to announce that a total of 21 travelers are registered for the Charming French Canada and Canyon Country tours in 2019. As we plan for their journey to these two fabulous destinations, it is our hope they will return to Oconomowoc with special memories, new friends, and enthusiastic reviews of an exceptional travel experience with Collette Vacations.

Travel program planning is underway for 2020. Watch for an announcement coming soon for Collette 2020 tours offered by OMH Auxiliary – and join us on a future tour! ■

OUTREACH CORNER

The Outreach Planning Committee will make future donations to:

- Haus of Peace, a Watertown shelter for women and children who are facing a housing crisis and in need of help for a more secure future.
- b-CAUSE We Care, an organization which assists individuals and families in need, and honors veterans and public safety officials.

The Outreach Planning Committee will represent OMH Auxiliary at the following community events. Please stop to visit us at one or all three of these events!

- Sunday, February 24 – Oconomowoc Winter Farmers Market at Oconomowoc High School, 9:30 a.m.-1:00 p.m.
- Wednesday, March 13 – "Friends of Oconomowoc" presentation at Shorehaven's Life Enrichment Center, 1-2 p.m.
- Saturday, March 23 – Lake Country Community Fest at Arrowhead High School, 10 a.m.-3 p.m. ■

OCONOMOWOC MEMORIAL AUXILIARY OFFERS MARILYN LARGENT MEMORIAL SCHOLARSHIPS FOR MEDICAL STUDY

The Oconomowoc Memorial Auxiliary will award scholarships to students pursuing careers in the health care field.

Applicants must be residents of the hospital service area and seeking education in a medical field utilized by the hospital.

The scholarship committee will consider full and part time students at Wisconsin colleges and universities.

Scholarships will be awarded on the basis of academic excellence and financial need.

Applications are available in the hospital lobby or in area high school offices of Student Services or Counseling Center.

All applications must be completed and returned by April 15, 2019. ■

For more information contact the Volunteer/Auxiliary office at 262-569-0293 or 262-569-0202.

DATES TO REMEMBER

Kwik Trip Car Wash Card/ Nothing Bundt Cake Sale
Wednesday, March 6t 8 a.m.
Wednesday, April 3rd. 8 a.m.

Auxiliary Board Meetings
Monday, March 18th. 10 a.m.
Monday, April 15th. 10 a.m.

Advocacy Day - Monona Terrace, Madison
Wednesday, April 17 9 a.m.
Legislative Visits Capital 2:15 p.m.

National Volunteer Week
April 7th to April 13th

Volunteer Banquet
Red Circle Inn
Wednesday, April 10th

Spring Luncheon, Style Show & Raffle
Thursday, May 9th. 11:00 a.m.

SENIOR BREAKFAST CLUB

The ProHealth Senior Breakfast Club meets the third Tuesday of every month at Shorehaven Clubhouse in Oconomowoc and the third Thursday of every month at Tuscan Hall in Waukesha. The club is open to anyone age 55 or older. Light breakfast is at 8:30 a.m. followed by an education program at 9 a.m. There is no charge for participating, but registration is required. Visit ProHealthCare.org/Classes or call 262-928-2745 to register.

Here are upcoming Senior Breakfast Club topics:

- Tuesday, March 19 – Knee and Hip Replacements
- Tuesday, April 16 – Is Gluten Free for Me?
- Tuesday, May 21 – Depression, Anxiety and Dealing with Difficult Emotions
- Tuesday, June 18 – Tips from Lifelong Gardeners ■