

## Volunteer CONNECTION

SPRING 2020

## INSIDE THIS ISSUE

Volunteer Spotlight- PG. 2

High School Scholarships- PG. 3 - 5

Graduates- PG. 4

New Volunteers- PG.5

Volunteer to Employee- PG. 6

Volunteer Week-PG. 6

Health Watch- PG.7

Volunteers In Action- PG. 8

Volunteer Opportunities- PG.9

Upcoming Calendar Events- PG.9



"Alone we can do so little, together so much" -Helen Keller The above photo by Suzanne Rose shows the hands of many volunteers at Ascension Mercy

## Socially Distanced, Spiritually Connected

In these unprecedented times Ascension Mercy Hospital is working diligently to provide health care to our community in the midst of the COVID-19 pandemic. Part of that diligence, as you know, is in the suspension of the utilization of volunteers. This is not because you are not needed, but to protect your health and safety. It may be hard to sit on the sidelines for someone with the heart of a volunteer, but this is the best way for you to contribute to the mitigation of this disease. Please know you are missed!

Though you may be socially distanced from Mercy, we all remain spiritually connected in this fight. Thank you for the many emails and kind words. We appreciate your following the CDC and state guidelines, your prayers and your continued support.

Sincerely, Amy



Amy Brownson, Manager  
Volunteer Services

# Volunteer Spotlight – Jim Johnson

Jim Johnson has been a volunteer at Ascension Mercy Hospital since October of 2004 and has dedicated over 2,800 hours of service. Jim volunteers in Transport, but also helps with special assignments when needed. When Jim is not volunteering, he spends his time doing a variety of activities. Jim enjoys spending time with his three grandchildren, working outside in the summer and completing Sudoku puzzles. He can even be found cheering on the Green Bay Packers at Lambeau Field.

What Jim likes best about volunteering is how it keeps him active and every day is different. Working in Transport allows you to move all around the building and interact with friendly people from all walks of life. When asked what three words he would use to describe himself, Jim stated that he was friendly, a jokester and even-keeled. If Jim had to give any advice to new volunteers it would be to be outgoing and don't be afraid to ask for help.

Clara Hewins, Field Placement Student



Jim ready to serve in transport

# Timely News

## Grace Munig – MHV Volunteer Scholarship Recipient

Congratulations to Grace Munig, this year's recipient of the \$500 MHV Volunteer Scholarship. The scholarship is funded through a Mercy Health Foundation endowment established by the Mercy Hospital Volunteers (MHV). Criteria for this scholarship are that the awardee is to be a high school graduating senior and a Mercy Hospital Volunteer, in good standing, with a high amount of volunteer hours. The student must also be planning to attend a technical school or university.

Grace began volunteering at Ascension Mercy in 2016 when she had heard about the opportunity through her church. She thought this would be a fun place to volunteer and learn how a hospital functions as she hopes to one day work in the hospital setting. She has dedicated over 277 hours of service in Errands along with shadowing in other areas.

Grace will be graduating from Oshkosh North High School. She has been involved there in the Polaris National Honor Society, Hispanic National Honor Society, Ski Club, Link Crew, and as a member of the gifted and talented art program. Grace also enjoys traveling, skiing, reading, and cooking. What Grace has appreciated most about volunteering is interacting with the patients and staff. She plans to pursue a career in the medical field as a Certified Registered Nurse Anesthetist.

Grace is honored to receive this scholarship which will help her fund her schooling. Grace plans to attend the University of Wisconsin Oshkosh in the fall where she will study Nursing. Grace's advice to any future volunteers would be to take any opportunities given to you and keep an open mind as you never know how you may be making a difference in someone's life.

Anna Scheibe, Field Placement Student



Grace Munig



## Claire Chier – Wilma Ritsema Scholarship Recipient

Claire Chier is the 2020 recipient of the \$500 Wilma Ritsema Scholarship. Al Ritsema created this fund within the Mercy Health Foundation to annually award students in honor of his wife, Wilma. Al and Wilma were both very active volunteers at Mercy. Wilma took on many volunteer roles as well as serving as president of the Mercy Medical Center Auxiliary. In total, she provided over 5,000 hours of volunteer service. Criteria for this scholarship are that the awardee is to be a high school graduating senior and a Mercy Hospital Volunteer, in good standing, with the highest amount of volunteer hours. The student must also be planning to attend a technical school or university.

Claire began volunteering at Ascension Mercy in 2016 after she heard about the fun experiences her sister and friends were having as volunteers. Since then, she has dedicated over 170 hours of service to ER Reception, the Information Desk, and Errands. Claire will be graduating from Oshkosh Lourdes Academy where she has participated in a wide range of activities including volleyball, golf, student council, rotary club, chemistry club, and participating in the pit orchestra for the musical. Claire has enjoyed interacting with patients and staff at Mercy and plans to pursue a career in the medical field.

Claire is honored to receive this scholarship which will help her fund her schooling. Claire plans to attend Fordham University in New York where she will be majoring in Chemistry. Claire's advice to any future volunteers would be to stay open minded and not limit yourself.

Clara Hewins, Field Placement Student



Claire Chier

## Congratulations Graduates

### High School

Olukunle Akinleye	Taylor Kundering
Christina Beaubrun	Grace Munig
Claire Chier	Franki Sakschek
Leisha Chopra	Harry Zhang

### College

Rachel Christopherson  
Clara Hewins  
Mollie Jentz  
Aaron Klysen  
Joanna Salmela  
Dianna Scheibe

## Harry Zhang - Natalie Bolin Scholarship Recipient



Harry Zhang

Congratulations to Harry Zhang for being this year's recipient of the \$1,000 Natalie Kate Bolin Scholarship. The Natalie Kate Bolin Mercy Student Volunteer Scholarship Award was created by the family of Natalie Kate Bolin, a former Mercy student volunteer, in memory of her beautiful spirit and life. The Scholarship is administered by the Mercy Health Foundation. Criteria for this scholarship are the awardee is to be an Oshkosh West High School graduating senior and a Mercy Hospital Volunteer, in good standing, with the highest amount of volunteer hours. The student must also be planning to attend a technical school or university.

Harry has been a volunteer at Ascension Mercy Hospital assisting in Errands since 2016 where he has dedicated 190 hours of service. Harry is a senior at Oshkosh West and will be attending the University of Minnesota Twin Cities to study computer science. When Harry isn't volunteering he can be found performing in his school's marching band and competing with the swim team. Harry also enjoys reading outside of school and performing with the Oshkosh Youth Symphony.

When asked what he likes best about volunteering, Harry said he enjoys being able to help others and make their lives a little bit easier. He also enjoys working with the professional staff at Mercy. If Harry were to give any advice to future volunteers it would be to not be afraid to ask questions, to be professional, and to stick to your commitment! Harry would also like to thank Ascension Mercy Hospital for giving him the opportunity to be a volunteer for the past four years.

Clara Hewins, Field Placement Student

# Welcome New Volunteers!

**12/01/2019 – 03/31/2020**

Serenity Brault	Pamela Kaskin	Collin Schaefer
Aidan Brazeau	Taylor Kunderinger	Dianna Scheibe
Gloria Gross	Shalene Martinez	Kate Schneider
Clara Hewins	Kylie Nachreiner	Shea Thull-Rost
Sarah Holst	Richard Onson	Avani Walker

## From Volunteer to Employee

Jenna Lemberger has returned to her roots at Ascension Mercy. Jenna started volunteering at Ascension the summer of 1999 when she was just 14 years old and heading into her freshman year of high school. She started her volunteer service in errands and volunteered in other areas as well such as the emergency department and a tour guide for visitors and new volunteers. One area where she volunteered, the rehabilitation unit, sparked her interest as a career choice.

After high school Jenna attended Carroll University for both her undergraduate and doctorate degree in physical therapy. After graduation her preferred employer was Ascension Mercy but unfortunately there were no openings at that time. Eventually she did get hired as a physical therapist in the clinic setting for Ascension in Oshkosh. She worked at the Mercy Oakwood and Koeller Street outpatient clinics for eight years as a Physical Therapist, prior to becoming the manager of the rehabilitation department in December of 2019.

Volunteering at Mercy played an important role in shaping Jenna's career path and now she is developing and utilizing volunteers as a part of her new role. Volunteers are assigned in the PEACE (physically exercising after cancer enters) program, as volunteers on the rehab unit, and as clerical support in the outpatient rehab area. Rehabilitation also utilizes transport volunteers to escort patients and help with short term projects. The department will also have a new canine helper soon. His name is Sawyer and he will be involved in Animal Assisted therapy working with his handler, Catherine Principe who is a Psychologist in the Rehab Department. Sawyer will be certified in pet therapy and starting his new "job" in the next month or so.

Coming from a health care background with a starting point as a volunteer, has given Jenna a unique viewpoint. Jenna states, "Volunteering has helped me to understand how all departments work together- either directly or indirectly. This experience and knowledge gave me an edge in PT school. Most importantly, volunteering showed me that we all have the ability to be a part of the team to improve the health of our patients and community."

Anna Scheibe, Field Placement Student



Jenna as a teen volunteer on far right



Jenna today

## National Volunteer Week April 19 – 25, 2020

Last year alone Ascension Mercy volunteers donated over 54,000 Hours of service in support of our patients, visitors, staff, and community.  
**THANK YOU!!**

Due to COVID 19, we are cancelling the volunteer recognition event this year and are planning a better than ever event already for next year. Even though at this time we can't celebrate with an event and display at the hospital, please know that you are missed and appreciated! We are anxiously awaiting the time when we can see volunteers back at Mercy in all the volunteer roles. Until then please stay safe and healthy!

# Health Watch

## Staying Strong During COVID-19

Below are 10 proactive ways that we can hold onto our sense of power, control and well-being during these uncertain times.

**1. Choose Dependable Sources for Your Information.** It can be helpful to limit your information sources to those such as the Centers For Disease Control, the World Health Organization and any local health agency updates within your community.

**2. Think Globally & Act Locally.** There are things we can do on a local level, in our own neighborhoods and even in our own homes, that collectively can compound to help the planet during this time and onwards. Is there an elderly or sick neighbor that you could do some grocery shopping for? Would someone benefit emotionally from a past-due phone call from you?

**3. Learn or Do Something New.** Now might be a great time to learn a new skill, start writing that novel you've never had the time to get to, or finally bring out the painting set you received 4 birthdays ago. There are many affordable online training courses, free how to videos on YouTube, and so many more opportunities to learn and do something new.

**4. Remain Social, But Safe.** Platforms such as Google Hangouts, Facetime & Skype provide the opportunity to video chat with friends and family.

**5. Be Here, Now.** While we have every right and need to be concerned and extra cautious during this time, it's important to step back from constant, chronic worry and take time for some self-care. Take a hot bath, try some calming meditation, listen to your favorite music. Making a conscious effort to pay attention to just how wonderful the things we love are, but can at times take for granted, can be truly helpful.

**6. Eat and Drink Well.** By this we mean quite the opposite of over-indulging. As so many of us are home now, it can be tempting to mindlessly eat or over-drink with the resultant detrimental effects to our health and well-being.

**7. Exercise.** It is so important to establish and/or maintain a routine at home to remain active and fit if you can. The benefits of exercise are more than looking good; it plays a large part in feeling well and thinking clearly, too.

**8. Seek Help If You Feel You Need It.** Mental Wellness Centers are maintaining their services during this time by offering telehealth services that include phone and video counseling and even prescription services in place of meeting in person. Current clients as well as those who feel the need to seek help are encouraged to reach out to discuss these options.

**9. Clean Living- Do What You Can Do.** Take the time and effort to really wash well and take the necessary wellness precautions regarding washing & social distancing as prescribed by the CDC.

**10. It's OK to Go Outside.** Keep a safe distance from others but getting outdoors for fresh air and daylight is so important for one's well-being and to keep from feeling "caged up" during this time.

Excerpted from [https://americanbehavioralclinics.com/staying-strong-during-covid19/?fbclid=IwAR0WceblpWYGEQJgwpC6IUflcOd0mDpKgyXvoabgOpt0f30nX36re\\_1LEBo](https://americanbehavioralclinics.com/staying-strong-during-covid19/?fbclid=IwAR0WceblpWYGEQJgwpC6IUflcOd0mDpKgyXvoabgOpt0f30nX36re_1LEBo)





# Volunteers –

We Want You Back In Action Soon!



Betty – Gift Shop



MacKenna – Emergency Room



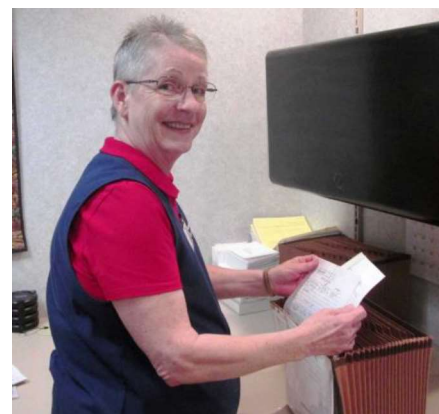
Nancy – Breast Center



Ray - Reception desk



Joan - Information Desk



Maxine - Outpatient Procedures/Surgical Escort



Pam – Outpatient Testing



Cindy – Medical Staff Services



Rick - Pharmacy



# Volunteer Opportunities

Summer is approaching and now is the time to encourage students (nearing 16 or older) to apply for year-round volunteer opportunities at Mercy. Volunteering can help students develop leadership skills, gain self-confidence and learn new roles. Students who serve can find mentors, career interests, boost their resumes, and improve their chances of being accepted into competitive colleges. **We are currently accepting applications, but due to COVID-19, onboarding of new volunteers is on hold.**

Our goal is to find the right match for each volunteer. Learn more about these areas or any of our other volunteer opportunities and apply online at [www.ascension.org/ascensionmercyvolunteer](http://www.ascension.org/ascensionmercyvolunteer).



Laura at the Oakwood Desk

## Upcoming Calendar of Events

### Calendar of Upcoming Events

*\* Dependent upon COVID-19 status*

April 19-24	National Volunteer Week
May 13-14	Geranium Sale <b>postponed to a later date</b>
*May 18	MHV Board Meeting
*May 21	Lionne Jewelry Sale
*June TBD	Flyte Family Far Strawberry Sale
*June 18-19	Collective Goods Book Sale
*July 3, 10, 17, 24, 31	Fun Scrubs and Jeans Friday Fundraiser
*July TBD	Craft Group at Oshkosh Farmers Market
*August 2, 9, 16, 23, 30	Fun Scrubs and Jeans Friday Fundraiser
TBD = dates to be determined	