

VIP CONNECTION

Volunteers in Partnership with Community Memorial Hospital

Spring 2016

From the Director

Volunteer Services was recently given the privilege to put together a time capsule for Community Memorial Hospital. The time capsule contains items that represent today's healthcare environment at our hospital. Some of the items include an artificial hip joint, photos of the main lobby, a patient room and nurse in uniform, a plastic pill container, and, of course, a crocheted baby hat and volunteer service pin.

In 2066, 50 years from now, the time capsule will be opened. With the technology of today, many of the items placed should be well preserved. It will certainly be interesting to the individuals opening the capsule to see how healthcare has changed at Community Memorial Hospital over five decades!



The time capsule was placed and sealed at the hospital's front entrance interior where many of you pass by. A plaque will be mounted above the capsule encasement in the near future to help identify the location. Take a few minutes to look at this special commemoration of the past as we look to the future.

~ Sue Schuelke

Volunteer Annual Safety/ Security Education

All volunteers are reminded to complete the mandatory annual safety and security education requirement by May 16. Your volunteer service will be placed on hold after this date if not completed either through the on-line modules or by reviewing the handbook.

VIP Advisory Council Meeting

The VIP Advisory Council met on Thursday, Feb. 11. Discussion was held and decisions were made as follows:

- Continue with Koeze candy and nut fundraiser in 2016.
- Comfort Dog program to be implemented.
- Decide on fund distribution for FY 2016 at the June meeting.
- Copies of the approved committee format was distributed.
- Love Lights and Hello Shell are two new fundraisers for 2016.

The meeting agendas are posted in advance for all VIP members. If you have a topic to add to the agenda, please let one of the council members or staff know.

Health Topic

BREATHING EXERCISES FOR CHRONIC LUNG DISEASES

Breathing exercises decrease dyspnea (shortness of breath) by strengthening the diaphragm and other breathing muscles, increasing chest expansion, increasing ventilation and oxygenation, decreasing the respiratory rate and decreasing accessory muscle use in the neck, back and chest for breathing. Breathing exercises also help decrease your panic level. They make your lungs more efficient.

In proper breathing, you breathe “in” through the nose and breathe “out” through the mouth. Breathing in through the nose filters dust and other particles from getting to the lung, warms the air and controls the correct balance of oxygen and carbon dioxide getting in and out.

Breathing exercises are commonly used to control asthma, COPD, bronchitis, emphysema and interstitial diseases. Two breathing exercises are pursed lip breathing and diaphragmatic breathing.

Pursed Lip Breathing

- Relax shoulder and neck muscles.
- Breathe in slowly with a normal breath (not a deep breath) through the nose for a count of two, keeping your mouth closed.
- Breathe out slowly and gently through your pursed lips for a count of four.

Pursed lip breathing releases trapped air in the lungs, allowing old air out of the lungs while allowing new air to enter the lungs. It keeps the airways open longer, decreases the work of breathing and increases relaxation.

Diaphragmatic Breathing

- Lie down, supporting your head on a pillow and put a pillow under your knees.
- Put one hand on your chest and one hand on your stomach.
- Breathe in slowly through your nose, letting your hand rise with your stomach.
- Breathe out slowly through pursed lips at least two times longer than you breathe in.
- Relax your neck and shoulders through this entire process.

Diaphragmatic breathing helps to strengthen your diaphragm, diminishes accessory muscle use, decreases the work of breathing, and increases relaxation.

~ Amy Webber
Health Education Committee

Public Policy News

Wisconsin Hospital Association Advocacy Day, is coming soon. This event will be held on March 30 and there will be five members from the VIP and staff attending. As always, it should be an informative and insightful day hearing from legislative representatives!

~ Ron Williams
Public Policy Chair

Special Events and Fundraisers

Accessory Sale



Our spring accessory sale will take place on April 27-28, 2016 in meeting rooms A-B-C at Community Memorial Hospital. You will be able to

browse through jewelry, seasonal accessories, gifts and more.

Mother's Day is on May 8, so get your shopping done at the Accessory Sale! Most items are only \$6.

If you are able to volunteer at this event, please contact Anna at 262-257-3312. We need volunteers to cover shifts from 7:30 a.m.–4:30 p.m.

The proceeds from this event will go towards purchasing patient care equipment.

Cheery Cherry Fall Fair



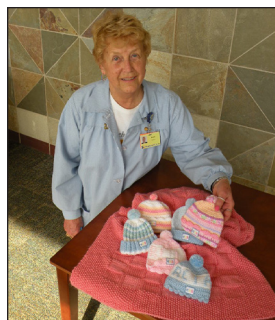
The 48th annual Cheery Cherry Fall Fair will take place on Sunday,

Sept. 25, 2016 from 9 a.m.–4 p.m. in Village Park. We are looking forward to a fun-filled fall day which will include new and returning exhibitors, cherry products and wine straight from Door County. There will also be food, bakery, beverages and, back again this year by popular demand, Caramel Apple Sundaes! There will also be a children's area, raffle and silent auction, free parking and shuttle service. All proceeds from the event will go to benefit the Cancer Care Center at Community Memorial Hospital.

If you know of any crafters who hand-make items and participate in craft fairs, please let them know about the Cheery Cherry Fall Fair. We are always looking for new exhibitors to add to Cheery Cherry.

If you are interested in being a volunteer at the event, please contact Anna at 262-257-3312.

Grant Money Received



VIP received \$500 in grant money from the Northwestern Mutual Foundation earlier this month. The funds will be used for the purchase of yarn in support of the baby cap and prayer shawl ministry programs.

One Hour Martinizing in Menomonee Falls has again extended dry-cleaning credit for our use in cleaning prayer shawls before distribution to patients and/or their loved ones.



We offer our gratitude to these local businesses who contribute to the success of our service programs.

Welcome New Volunteers

Vishal Pipaliya — Emergency Department
Ralph Gola — ICU Reception
Ponni Priyadarshini — Emergency Department
Stephen Olson — Emergency Department
Etta Miller — Communion Ministry
Connie Loomis — Communion Ministry/Community Cuddler/Finance
Candace Nantz — Baby Hats
Charlotte Nantz — Baby Hats

Quilters Needed

If you have sewing/quilting skills and are interested in a making lap quilts, please contact Sue for details.

Volunteer Opportunities

Volunteer positions are available in the following areas:

- Community Café
- Community Outreach Health Clinic
- Courtesy Van Drivers
- Wig Loan Program
- Finance

Contact Sue Schuelke for more information or if you or someone you know is interested.

Stay Informed

Volunteers are invited and encouraged to attend the President's Forums, Inclusion Advocate Speaker Series and Performance Excellence Programs held throughout the year. The presentation schedules are published in the Scout newsletter and posted on the bulletin board in the Volunteer Sign-in Room.

Foundation News

Spring Splendor Gala

Celebrate with friends and neighbors at Community Memorial Foundation's 26th annual Spring Splendor Gala ~ *Adventure Road*, presented by Ryan Companies US, Inc. Join co-chairs Mike and Michelle Karch and Harvey and Cindy Neu (pictured below) for an unforgettable evening on Saturday, April 16, 2016 at the Harley-Davidson Museum® in Milwaukee to raise funds for Community Memorial Hospital's Emergency Department. "Leather and Lace" attire is requested. Guests will enjoy hors d'oeuvres, a gourmet dinner, silent and live auctions, raffles and more. The cost to attend is \$200 per person and \$2,250 for a corporate table of 10 guests. Your support of Spring Splendor will help us fulfill our mission to deliver exceptional patient care to our community.

To attend Spring Splendor or volunteer, please call 262.257.3761 or email donna.roesch@froedtert.com. For more information, visit communitymemorialfoundation.org.



Upcoming Events and Meetings

Volunteer Appreciation Dinner

April 13

Davians Banquet & Conference Center

Accessory Sale

April 27-28

Meeting Rooms ABC

Senior Breakfast

June 2

Treiber Conference Center

Cheery Cherry Fall Fair

September 25

Village Park

Volunteer Services Mission Statement:

As an integral component of Community Memorial Hospital, our mission is to provide an efficient and humanistic volunteer staff which offers an extra dimension of care and services to patients, families, and visitors, and provides supportive services for the hospital staff.

We welcome enthusiastic individuals of all backgrounds and abilities, and do not judge applicants by race, religion or age, but rather by commitment, dependability, and the desire to be of service.



Happy Spring to all!

~ Sandy, Anna, Beth and Sue