

Volunteer - Partners

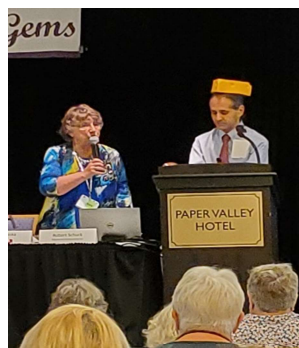
Ascension Eagle River Hospital

Newsletter *November 2019*

Tis the Season

Trim the Tree

For the past several years the volunteers of Ascension Eagle River Hospital have been trimming the Christmas tree in the lobby of the hospital with new or gently used hats, mittens, and scarves. These items are then distributed to needy families in our area by the Salvation Army. Last year's donations were particularly generous and we were able to put some items under the tree in gift boxes because the tree was so full. We'd like to do the same this year! Please drop off your hats, mittens, and scarves and place them in the designated bin in the lobby of the hospital. Thank you for your generous support!



Left to Right: Jan Molaska, Rob Toonkle

Partners of WHA Convention

The Partners of WHA Convention was held October 1-3 in Appleton. This year's theme was Volunteers: Our Precious Gems. Rob Toonkle, Manager of Volunteer Services at Arnot Ogden Medical Center in Elmira NY, opened the convention with a high energy talk about the impact we volunteers have in our communities and how to create more opportunities for us to positively impact the visitors/customers to our facilities.

The highlight for me was the presentation of the WAVE awards since our sister-program at



Howard Young was there to accept the award for the HELP (Hospital Elder Life Program.) We are also covered by that program, but they submitted the nominating application, so they were notified of the win and were on hand to receive the plaque. Our Eagle River representatives sat with them at the table to cheer them on. What a great way to highlight the value of this important program and honor the volunteers that make it happen. So, kudos to those HELP volunteers here in Eagle River! The difference you make in the lives of our patients is extraordinary!

Thanks to the Howard Young volunteers for nominating this program that serves both of our Northwoods hospitals.

Congratulations



Left to right: Lori Butkus, Betty Ruesch, Nancy Krause, Dee Ruesch

Of course, the convention included wonderful vendors, raffle/auction items and display tables. The business meeting saw the successful passage of our new by-laws (something that has been in the works for a couple of years). The CEO panel was as compelling as ever and the workshops were so interesting and informative. It closed with Allison Starr who spoke on honoring the greatness within each of us and in each other, which had us leaving Appleton with energy and optimism.

Convention is an amazing time -- much new stuff to learn and people to meet as well as rekindling connections with other volunteers we've met before. Mark your calendars now to join the fun next year -- October 6-8, 2020.

Submitted by Pam Cira, Membership Chairperson



Lisa Pepp & Pam Cira Honor Points

Thrift Store:

Working in the Thrift Store is a great adventure. We are in contact with so very many interesting people, not the least of whom are all of us volunteers. Put a group of Senior Ladies from all different walks of life in one enclosed space with a common goal, and prepare to be entertained, frustrated, and proud of the end result. Each of us has her own idea of the way things should be done and we sometimes disagree, but we all work together and somehow are successful.

The donations we receive are also interesting and unique. We recently got several beautiful glittering gem stones. A jeweler determined that they were authentic and the people who bought them for a fair price will have some pretty pieces of jewelry.

Another very uplifting story involves the sale of a coverlet. It was pointed out to the customer that there appeared to be a defect running the width of the piece, which was likely handmade. The customer bought the coverlet for five dollars and went on her way.

About a month later, the customer returned to the store and spoke to the volunteer who had sold her the coverlet. She said that after she got home with her treasure and was examining it closely, she found the name Moses and the year 1847 attached to the corner of the coverlet. Some research on line revealed that it had been created by a fabric artist who was quite well known for his work. She also learned that in that era, only men worked with fabrics, and that the “defect” was not a defect at all. The yardage in those days was narrow and had to be pieced together in order to make the coverlet.

The customer proceeded to contact a Fabric Arts Museum in PA and the experts there appraised the coverlet at \$1500. To add to an already pleasant story, the lady donated the quilt to the Museum for display. She explained that she made the decision to donate it as an opportunity to impress upon her children the importance of preserving history and a means for demonstrating generosity.



We Volunteers at the Thrift Store saw it as another interesting chapter in our interface with the local public whose generosity allows us to donate to our Hospital.

You never know what treasures you will find or meet at the Thrift Store!

Submitted by Andrea Matthews.

Ready for Christmas

Fall 2019 Day of Renewal

The volunteers of Ascension Eagle River Hospital hosted our 10th annual Day of Renewal on Thursday, September 19, 2019 at Moon Beach Camp in St. Germain. The theme for the day was *The Healing Benefits of Happiness*. Our keynote speaker was Jessica Schick from the Koller Behavioral Health Clinic in Rhinelander. Jessica's presentation included a *Happiness Test* and *The Nine Lessons for Living Longer*.

Craig Smith, our hometown pharmacist, gave an update on the latest information on probiotics and more research on CBD issues.

Courtney Weber and Tammi Boers from the Behavioral Clinic gave a presentation on QPR, (Question, Persuade, Refer) and suicide prevention.

After a very healthy, complimentary lunch, Shanna Stein gave lessons on yoga stretches.

Thanks to all our committee members as well as the staff at Moon Beach Camp and our presenters: Pam Berdal, Judy Block, Patti Lewis, Lisa Pepp, Diana Sell and Mickey Schneider.

Community Education Co-Chairperson,
Elizabeth Purtell

MENTAL HEALTH PROBLEMS ON THE RISE

Over the last 5 years, have you seen an increase in the following issues among your patients who are in high school or the first year of post-secondary school?

Issues With Reported Increase	Pediatrician	Psychologist/ Psychiatrist	Total Health Care Professionals
Anxiety/stress	93%	79%	86%
Anxiety disorders	88%	71%	81%
Problematic use of media or technology	85%	84%	79%
Mood disorders (depression, bipolar disorder)	75%	57%	70%
Bullying/cyberbullying	69%	75%	65%
Substance use disorder	46%	47%	51%
Suicidal behavior	44%	45%	39%
Sexual assault/rape	19%	24%	23%

Medscape survey of 519 health care professionals; 202 pediatricians; 201 psychologists/psychiatrists, 10/2/17 to 11/19/17.

Community Health Education (CHE) Report

I was recently appointed Community Health Education (CHE) co-chair on the local level. In keeping with the State CHE Project of Mental Health, here are some thoughts from our State CHE – Sherry Jelic.

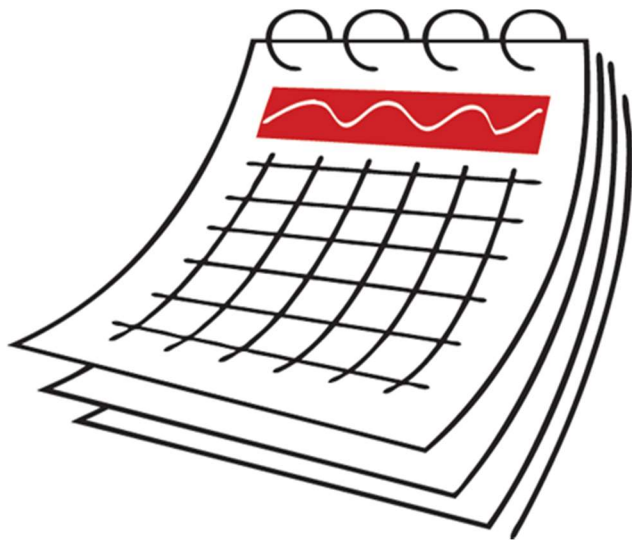
Why does it seem so hard to talk about mental health? Why aren't there more conversations in the open about mental health, like anxiety, stress and depression?

Mental Health and Physical Health are both part of our human health. While physical health is easily described, mental health is more subjective, vague, and abstract. We can't point to something that others can see, do an X-ray, or take a lab test as can be done to confirm a physical problem. (Continued later)

Lisa Pepp CHE – Co-Chair, Partners of Ascension Eagle River Hospital Volunteers.

(Sherry Jelic has given permission to share her info as she writes for State, district, etc.)

Events & Happenings



SAVE THE DATE

January 14, 2020 (Tuesday)

Holiday Tea – Eagle Waters Resort

March 18, 2020 (Wednesday)

Advocacy Day – Madison WI

October 6 – 8, 2020

Partners of WHA State Convention

*******Ascension Eagle River Hospital Volunteers will be hosting the Partners of WHA, North Central District 2020 Fall Meeting. If you would like to be on the committee to organize the event, please contact Pam Berdal at 715-479-0327 or pamela.berdal@ascension.*******

In Loving Memory...

We recognize the Volunteers who passed this year. Each contributed many hours of service to our organization and will be greatly missed.

❖ *Doris Marquard*

*It's your **Birthday – Celebrate***

November Birthdays

Lynn Lee - 08

Kristi Hehn - 19

Elizabeth Oslakovich - 19

Joan Holdman - 26

Hilde Rozga – 29

December Birthdays

Molly Jaeger - 08

Sally Gibbs - 11

Susan Hodkiewicz - 17

Dorothy Lorch - 22

Denise Riemer - 22

Cynthia Stevens - 25

Sam Swanson - 26

January Birthdays

Shirley Spiess - 05

Pam Cira - 06

Donna Brand - 10

Marlys Lee – 14

Barbara Mattes - 15

Patricia Hasenberg - 29



Join us for the Annual Meeting and Holiday Tea
Tuesday, January 14, 2020
1:30 to 3:30 p.m.
Eagle Waters Resort
Eagle River WI

Winter Weather Tips



- Use special care when entering and exiting vehicles; assume all wet, dark areas on pavements are slippery and icy.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk.
- During bad weather, avoid boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice.
- Point your feet out slightly like a penguin! Spreading your toes out slightly while walking on ice increases your center of gravity.
- Bend slightly and walk flat-footed with your center of gravity over your feet as much as possible.
- Extend your arms out to your sides to maintain balance.
- Keep your hand out of your pockets! Hands in your pockets while walking decreases your center of gravity and balance.
- Take short steps or shuffle for stability.
- If you fall; try to avoid landing on your knees, wrists, or spine.
- Try and keep both feet on the ground as you exit and enter your parked vehicle.



12 tips for holiday eating

- Budget wisely. Don't **eat** everything at feasts and parties. ...
- Take 10 before taking seconds. ...
- Distance helps the heart stay healthy. ...
- Don't go out with an empty tank. ...
- Drink to your health. ...
- Avoid alcohol on an empty stomach. ...
- Put on your dancing (or walking) shoes. ...
- Make room for veggies
- Be Buffet savvy
- Don't shop hungry
- Cook from (and for) the Heart
- Pay attention to what really matters.

