

Communiqué

Winter 2017

A newsletter for Aspirus Volunteers

From the President

by Paul Dobbratz, President



Wow, it's 2017 already! Thank you for offering your time and talent as an Aspirus Wausau Hospital volunteer! Many of us take time in a new year to reflect on the past year and make resolutions for a new year. I would like to give you a challenge for 2017:

Sometime during the year, tell a friend, relative, or someone that you meet why you volunteer, and then, why you volunteer at Aspirus.

The sharing of personal experiences about volunteering is one of the best ways we have of reaching out to potential new volunteers.

I'd also like to recognize three of our volunteers who have taken on additional leadership roles:

At the fall conference of the Partners of the Wisconsin Hospital Association (WHA), Jan Molaska was elected as President-elect of the state organization. She previously held the office of State Secretary.

Cindy Hermel became Chair-elect of the North Central District of Partners.

Sheree Schaefer is serving as chairperson of the 2018 WHA Partners conference. The conference will be in Stevens Point in fall of 2018. Our own North Central District, along with the North West District, will be hosting the conference.

Of note: In early 2017 we are opening our new Aspirus Coffee Shop just a few feet away from our old location. Stop in and try some of their new items.

Because it's near Valentine's Day, I thought this quote was most appropriate:

"Volunteers do not necessarily have the time; they just have the heart." ~ Elizabeth Andrew

Stay warm,

Paul

****Reminder to All Volunteers****

A new evaluation process is in place this year for Volunteers. Watch your mail for the evaluation questionnaire. This is a new Joint Commission requirement, and it will give you an opportunity to offer valuable feedback.



Our Mission

The Aspirus Volunteers is an inclusive organization through which people individually, or as a group, volunteer time, talent, and resources to improve the spiritual and physical health and well-being of the residents of north and central Wisconsin, fostering the mission of Aspirus and its subsidiaries.

Generosity in Action

Aspirus Volunteers approved a request of \$5,000 to the Cardiac and Pulmonary Rehab Department of Aspirus Wausau Hospital. This donation will allow them to provide a pedometer to each cardiac and pulmonary rehab patient as an incentive and motivational feedback tool to aid in the increase of each participant's physical activity. Aspirus will continue to use this tool as part of their national certification process for both the cardiac and pulmonary rehab programs.



The Compassion Clothing Closet was created within the Aspirus Health Foundation in 2014 after a group of Aspirus caregivers recognized that patients were in need of clothing prior to discharge from Aspirus Wausau Hospital. At times clothing needs to be cut off or is soiled when people come to the hospital. Appropriate clothing items enable staff to help people maintain their dignity as they return home to heal and regain their health. The Closet is managed by the Patient Relations Coordinator who purchases a selection of new pants, tops, coats, hats, gloves, shoes, socks, and other items for patients of all sizes. This program ensures new clothing that meets infection control standards and is suitable for individual patient needs. In the first year, 55 patients were served and 321 articles of clothing were provided. In the second year, the number of patients in need grew 76% and



225 patients were served with 455 articles of clothing. Because the need of our patients continues to grow and the winter season is upon us, the Aspirus Volunteers donated \$2,500 to this project.

Festival of Trees

For the 20th year, thousands of guests attended the Festival of Trees event during the week of Thanksgiving. Guests viewed more than 110 holiday trees, wreaths, mantels, and specialty items at Stoney Creek in Rothschild, which were donated by people in our community for raffle and silent auction.

The fundraising goal was \$165,000. The Aspirus Health Foundation is proud to announce that \$215,000 was raised! This is the most raised in the 20-year history of the Festival of Trees, and this result speaks volumes to the value that our community places on our hospice program at Aspirus.

Aspirus is grateful for the support of businesses, individuals, and volunteers who shared special gifts this year to celebrate the 20th anniversary of this important community fundraising event.

2 Proceeds will support two community bedrooms at Aspirus Hospice House for patients with limited ability to pay, as well as an interior renovation project to rejuvenate the 18-year-old Aspirus Hospice House.

In Memoriam

Floyd Flora was an Aspirus volunteer for over 10 years, giving more than 10,000 hours of service. He was the first driver on the Aspirus Volunteers EZ Rider cart and served as the trainer for new volunteer drivers. Floyd was always friendly and ready to lend a hand. Floyd passed away on August 30.

For more than two decades, **Joann Elbe** volunteered at Aspirus to help people in need of hospice care. Joann gave more than 11,500 hours of service during her 22+ years of volunteering. She would sit with patients on the Palliative Care Unit at Aspirus Wausau Hospital, sew & knit, and bake cookies for patients and families at Hospice House. Joann also shared her time during the Festival of Trees week-long community event. Joann Elbe passed away on September 30.

John Webb helped as an Aspirus volunteer for 11 years, giving more than 400 hours of service. John had a passion for community service and loved to share a story with you. He shared his service hours with Hospice, Lifeline, and the Arts Alive Committee. John passed away on October 12.

Folks may remember **Wallace Radloff** volunteering in the MSICU waiting room of Aspirus Wausau Hospital. He gave more than 1,400 hours during his eight years of service in the waiting room. His charm and wit will certainly be missed. Wally passed away on December 29.

Knitting was one of **Marie Kamenick's** favorite pastimes. She generously knit and donated more than 1200 baby hats to Aspirus New Beginnings Birthing Center over the past four years. Marie passed away on January 9.

Lifeline Training Meeting

On September 14, seven Aspirus Lifeline installers attended training on new and updated information on the Lifeline equipment. The Aspirus Lifeline medical alert service has been a program of the Aspirus Volunteers for 33 years and currently serves more than 830 subscribers throughout Marathon and Lincoln Counties. Cheryl Steen, Lifeline Coordinator, and Julie Knetter, Lifeline Assistant, presented the materials. We thank our volunteers for



their dedication to this valuable community service, keeping people living safely and independently in their homes. In attendance were Earl Erickson, Bill Dohr, Mike Gilles, Delwin Hoffman, Mike McAninch, Bill Viertel and Jaci Seliger.

Save the Date! Advocacy Day - April 19, 2017

Madison, Monona Terrace Convention Center

Mark your calendar for April 19 and plan on attending the Wisconsin Hospital Association's premier event, Advocacy Day. In addition to a national keynote speaker, the agenda will include a legislative panel discussion, always a highlight, and a luncheon keynote address. Speakers give timely insight to state and federal health care issues. Watch your mail for details on how to sign up for this trip.

Volunteering in Wisconsin



According to the annual “Volunteering and Civic Life in America” research released in November by the Corporation for National and Community Service, one in four Americans volunteered through an organization and nearly two-thirds helped their neighbors last year, demonstrating that service to others continues to be a priority for millions of Americans.

Overall in Wisconsin in 2015:

- 35.3% of residents volunteer ranking Wisconsin 3rd among the 50 states and Washington, DC
- 1,630,800 volunteers
- 169.03 million hours of service

Rainbow's End Alumni Camp



Rainbow's End Alumni Camp is a weekend event held in the fall at The Lodge at Cedar Creek for campers that graduated from summer camp (over age 21). It follows the same theme as summer camp. Alumni Camp was held September 10-11 and 25 campers attended the overnight event. The Aspirus Volunteers donated \$7,500 to the camp in 2016.

Volunteer Spotlight

“Teamwork - Together Everyone Achieves More”



Mother & daughter team of Dolly & Amanda Feira



Husband & wife team of Fred & Shirley Niemeyer



Pudge & Art Kimbel

Volunteer Opportunities / Help Wanted

Plaza Drive Radiology – Serve as a liaison for patients and family members in the Radiology waiting room. Duties include greeting patients, obtaining signatures as needed, answering the telephone, and assisting with patient escorts to other areas of the facility. Evening and weekend shifts are available. See Yo or Shirley for details.

Do you knit or crochet? Have you heard of Twiddlemuffs?

Twiddlemuffs are a knit or crocheted muff with items attached so that a patient with dementia, Alzheimer's or arthritis can twiddle with their hands. Restless hands are a common symptom of anxiety that people with dementia, autism, Asperger's and mental health issues can suffer from. Twiddlemuffs originated in the United Kingdom where they have been found to lower anxiety because people have something to do with their hands. It provides a good source of visual, tactile, and sensory stimulation while at the same time keeping hands snug and warm. Please contact the Volunteers office for patterns.



Medical Explorers

Medical Explorers is an exciting co-ed program offered through Aspirus Volunteers in partnership with the Boy Scouts of America to local high school students. The Medical Explorers Program provides a unique experience for students to explore healthcare careers. On January 9th, the group toured the Medical College of Wisconsin-Central Wisconsin campus. The MCW-CW medical students showed the explorers how to take blood pressure readings, listen to the heart, and look inside a patient's ears. The explorers also learned about the MCW-CW Discovery curriculum designed to help medical students complete their medical school experience in only 3 years.



Volunteers in Action - Volunteer Hours

DON'T FORGET – Please turn in your hours every month to keep your records up to date. **Thanks for all you do!**

100 Hours

Connie Dobbratz
Joann Lange
Dawn Merriam
Kimberly Ostrowski
Rosalie Peterson
Jeff Raasch
Patrick Snyder

200 Hours

Roger Aho
Gale Gilge
Ann Goetsch
Riley Knapp
Mary Noltemeyer
Kathryn (Kay) Walkowicz

300 Hours

Steve Hessel
Sister Carol Op Hlava
Edward Humpal
Lois Jarosz
Gayle Klein
Ruth Naef

400 Hours

Margaret (Peggy)
Klosinski
Donna Zibton

500 Hours

John Daniels
Jean Dehn
Sue Gantner
Janice Gresens
Michele Moyer
Bernadette Tessmer

600 Hours

Marlin Block
Dianne Hendrickson
Patricia Loy
Fred Niemeyer
Mary Anne Rose

700 Hours

Rushnee Chantree-
Landowski
Luann Esko
Arline Stark
Ron Zahrt

800 Hours

Jane Stotmeister

900 Hours

Michael Cain

1000 Hours

Michael Gilles
Elaine Hanke
Joyce Humpal
Bonnie Koelsch
Mark Milne

1,500 Hours

Ann Brandt
Beverly Dickinson
David Hartman
Lynn Kaufmann

2,000 Hours

Marilyn Worden

3,500 Hours

Sue Wiesneski

5,500 Hours

Jean Zeinert

4,500 Hours

Carol Ruether

6,000 Hours

Gerri Loy

6,500 Hours

Patricia Rogalla

10,500 Hours

Joan Mais

11,000 Hours

Sharon Seubert

17,500 Hours

Eve Baumann

24,000 Hours

Dorothy Traeger

27,500 Hours

Judith Trantow-Millar

Volunteers

50 Hours

Thomas Krahn
Toluwalope Lawal
Hannah Peck
Morgan Schaefer
Ann Seliger
Grace Stanke
Michael Woosenkraft

100 Hours

Emily Edwards-
Sonnenberg
Brianna O'Flyng
Halverson
Katelyn Stoffel

150 Hours

Maya Kingsley
Danielle Pitterle

We recognize and thank these volunteers for reaching these service achievements!

COUPON

Buy Now

For Aspirus Volunteers

30% OFF

One apparel or jewelry item

Expires April 30, 2017

Exclusions include: Cards, candy, balloons, flowers, doTerra, stamps and sale merchandise.





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Communiqué

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Your Responsibility is to Know and Do: A.I.D.E.T.

- A** - Acknowledge patients and visitors with good eye contact and a warm smile
- I** - Introduce yourself and welcome patients and visitors
- D** - Duration: Give details when you can and timeframe of walk/visit
- E** - Explanation: Tell them how great we are!
- T** - Thank them for choosing us!

Calendar of Events

February 28: Aspirus Volunteers Board of Directors Meeting

March 30: Cookie Sale

April 19: Advocacy Day, Madison, WI

April 23 - 29: National Volunteer Week

April 27: Volunteer Annual Meeting & Banquet

May 29: Memorial Day - No Volunteers Scheduled

June 29: Cookie Sale