

Volunteer CONNECTION

Spring 2019

INSIDE THIS ISSUE

Volunteer Week - PG. 1

Timley News- PG. 2 -3

Volunteer Spotlight PG. 3

MHV News- PG.4

Congratulations Graduates – PG.4

Patient Experience -PG. 5

Welcome New Volunteers – PG. 5

Volunteers in Action - PG.6

Health Watch and Upcoming Calendar
Events - PG.7



“Alone we can do so little, together so much” -Helen Keller

The hands of volunteers at Ascension Mercy Hospital. This photo was taken by Suzanne Rose

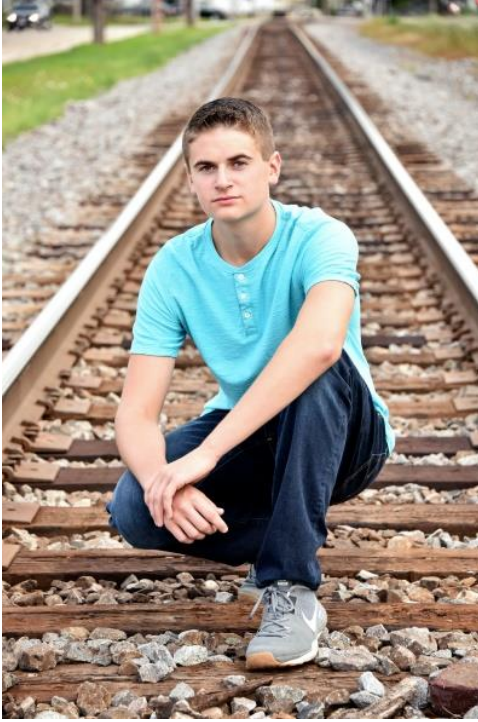
National Volunteer Week – April 7 – 13, 2019

It is no **secret** that - “Volunteers Make Our Mission Possible!” There is plenty of **evidence** noting the generous giving of Ascension Mercy volunteers. Last year alone over 400 volunteer agents **infiltrated** our organization making it their **mission** to support our patients, visitors, staff and community. We have the best volunteers around!

Intel has it that there is a display by the Volunteer Services Office during the week so take a moment to **investigate** it. Volunteers will enjoy a **diversion** at the 50th annual volunteer recognition event on April 11th at La Sure’s Banquet Hall. Dinner, recognition, door prizes, and **classified** entertainment will be highlighted.



Timely News



Garret Yakes

Garret Yakes - Natalie Kate Bolin Scholarship Recipient

Congratulations to Garret Yakes for being this years 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.

Garret has been a volunteer throughout the hospital, assisting in Errands, ER Reception, Cardio Respiratory and Safety Classes. Garrett is a senior at Oshkosh West High School and will be attending Michigan Technological University, studying mechanical engineering. Besides volunteering, he is involved in the Oneil National Honor Society, cross country, trap shooting and swimming. In his free time, he enjoys outdoor hobbies such as fishing, kayaking and hunting.

When asked what he likes best about volunteering, Garret enjoys the flexible hours. Garret has provided over 419 hours of service since 2014. If he were to give any advice to future volunteers, he would say to volunteer as much as you can. There will be many more opportunities for you if you do.

Amanda Kronon, Field Placement Student

Riana Goede - Wilma Ritsema Scholarship Recipient

Congratulations to Riana Goede for being this years 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 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.

Riana began volunteering at Mercy after an 8th grade career shadow peaked her interest in volunteering. Areas that she has volunteered in include Errands and the Gift Shop. She has over 337 hours of service since 2015. Besides volunteering at Mercy, Riana helps as a youth group secretary and the Oneil club. Other hobbies she enjoys is reading and listening to music.

Riana is excited to receive this scholarship which will help pay for her schooling. She hopes to attend University of Wisconsin Madison or University of Minnesota-Twin Cities, majoring in Psychology. To any future volunteers, she would say to stay confident, stay confidential, and do not be intimidated by the task at hand.

Amanda Kronon



Riana Goede



Josie Izzo

Josie Izzo - MHV Volunteer Scholarship Recipient

Congratulations to Josie Izzo, this years recipient of the \$500 MHV Volunteer Scholarship. The scholarship is funded through a Mercy Health Foundation endowment established by the Mercy Health Volunteers. 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.

Josie found out about volunteer services because her Aunt used to work at Mercy. She has volunteered in the Errands department since 2015 and has accumulated over 407 hours at Mercy. Besides volunteering, Josie plays the cello and also runs cross country and track. She is part of Stage Society as well as the National Honors Society. What Josie likes best about volunteering is the people she meets throughout the hospital, including employees and staff.

Josie will be attending Fox Valley Technical College in the fall, and will be studying law. She says that this scholarship will help her pursue her dreams. When asked to state any advice for future volunteers, she stated to make time for it because it's very beneficial for everyone.

Amanda Kronon

Volunteer Spotlight

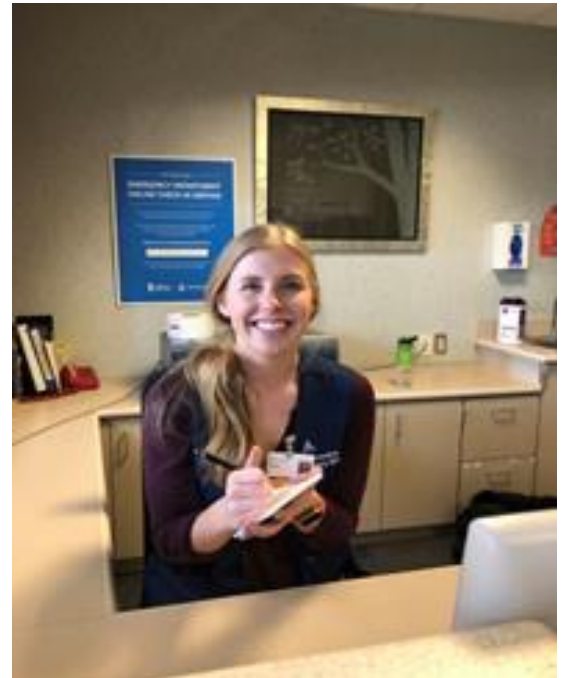
Volunteer Spotlight - Rachel Christopherson

Rachel has been a volunteer at Mercy since 2015 and has accumulated over 250 hours. Rachel currently volunteers in the ER Reception, however, has volunteered in Errands and inside the Emergency Room. Outside of Mercy, she also volunteers at St. Francis Community Free Walk-in clinic, which provides medical assistance to underserved individuals. Rachel is studying Biology with a Healthcare Science emphasis and UW-Oshkosh. On campus, she is involved in Alpha Lambda Delta Honor Society and the Pre-Med Society, which each participate in various volunteer work. In her free time, Rachel loves to play card games with her friends and family, take her dog for walks, ride her bike, and play basketball.

What Rachel loves best about volunteering is how rewarding it is. She feels as though she is making a positive difference in the community. When asked which three words she would use to describe herself and she stated hard working, compassionate, and a perfectionist. Some advice she would give to future volunteers would be to try volunteering in a new area because you may discover something that suits your interests or needs. Also, do not be afraid to ask for help and most importantly, have fun!

Amanda Kronon

Rachel Christopherson at the ER Reception Desk





60 for 60 Chair: Eli Wollangk hands donation check to Catalpa Health



Eli Wollangk hands donation check to the Pediatric Clinic

MHV 60 for 60 Fundraiser is a Success!

2018 marked the 60th anniversary of the organization, now called the Mercy Hospital Volunteers (MHV). A highlight of the year was the 60 for 60 fundraising celebration, to support Oshkosh Area child and teen wellness, held on Friday August 10, 2018 at La Sure's Banquet Hall.

The fundraiser utilized teams competing in various ways using \$60 in seed money to raise funds. The teams were recognized at the wrap up celebration event and additional dollars were raised on raffles during the evening's festivities. Entertainment was provided by Copper Box.

The campaign raised over twenty thousand dollars. \$18,279 of the funds was donated to Catalpa Health and \$2,500 to the Reach Out and Read Program. Catalpa Health provides mental health services to children, teens and their families in the Oshkosh and greater Fox Valley Area. Reach Out and Read provides a free book at each wellness visit in the Ascension Medical Pediatrics Clinic located in the Mercy Oakwood building.

Since its inception in 1958, the MHV has raised and donated over \$1.5 million to support scholarships, hospital and community projects through gift shop, craft, vendor sales and other fundraising events. Here's to the next 60 years!

Amy Brownson

Congratulations 2019 Graduates!

College

Sarah Anderson
Brandon Gentry
Kayla Holst
Amanda Kronon
Samantha Kronon
Janelle Moore
Hayley Vandenboom

High School

Nithya Ambati	Simran Gandhi	Kiara Lebouton	Aidan Ziemet
Addison Barber	Riana Goede	Cheyenne Oakes	Nicholas Ziglinski
Jack Brown	Andrew Herman	Lucas Pinkerton	
Peyton Croxton	Josie Izzo	Austin Wellhoefer	
Sophia Cuttill	Ariana Jiricka	Garret Yakes	
Savannah Ely	Gyeongsik Kim	Faith Zehner	

Patient Experience

The Voices of Volunteer Leaders

Every day volunteers play a critical role in supporting quality experiences and healthy outcomes for patients, their families and communities. According to the Bureau of Labor Statistics, over 62 million people volunteered for on average 52 hours of volunteer activities last year, with almost 7% of those volunteer positions served in healthcare organizations. These volunteers in healthcare are active partners in enhancing patient and family engagement, improving quality, providing peer-to-peer support, improving community health and promoting wellness and prevention. They support the emotional, social and personal needs as well as the spiritual needs of patients and their families during a hospitalization.

Volunteers give freely and choose to serve for a variety of different reasons. Perhaps they had a healthcare experience that made a dramatic impact on their or a family member's life and now they want to give back and make a difference. Other volunteers aspire to serve in healthcare someday themselves and want to learn more about the healthcare system. Still others are looking for a way to give back to the community. Whatever the reason a person chooses to become a volunteer, they have the opportunity make a difference.

The Role of the Volunteer in Improving Patient Experience
The Beryl Institute

Welcome New Volunteers!

12/1/2018 -3/31/2019

Olukunle Akinleye	Keith Johnson	Jennifer Wilberding
Lisa Bellin	Sidney Koenigs	
Melinda Boehm	Kiara Lebouton	
Irene Buck	Mckenna Miceah	
Mary Ellerbusch	Kendra Olig	
Danyelle Folck	Alexandra Pecore	
Mackenna Fobes	Nancy Reichenberger	
Dianne Gabavics	Christine Starshak	
Linzy Hinderman	Samantha Stegmann	
Kayla Holst	Pa Nou Hli Vang	

Volunteers in Action



Baby Hat Knitters: Lenore, Lucy, Carole, & Marguerite



Communications: Lori



ER: Mckenna & Ginger



Gift Shop: Daphne



Information Desk: Earl



Transport: Toby & Haley

Health Watch

Gratitude's Got Science Behind It

The benefits of practicing gratitude have real science behind it. This principle recognizes that how we think and condition ourselves to think produces expectations and plays a significant role in our self-esteem, perception, decisions, and ability to manage stress. Research supports the benefits of practicing gratitude. In one study, those who wrote about gratitude ten minutes a day were more optimistic and felt better about their lives, exercised more, and had fewer visits to physicians than those who did not. Practicing gratitude is a simple process: You simply reflect regularly on the people and things you are grateful for.

www.health.harvard.edu
Ascension Frontline March 2019

Upcoming Calendar of Events

April 7-13 th	National Volunteer Week
April 11 th	Volunteer Recognition Event
April 17 th	Advocacy Day in Madison
April 25-26 th	Dimples Jewelry Sale
May 15-16 th	Geranium Sale
June TBD	Flyte Family Farms Strawberry Sale
June 20-21 st	Collective Goods Book sale
July TBD	Craft Group at Oshkosh Farmers Market
August 15 th	Lionne Jewelry Sale



