



Volunteer Voice

PRESIDENT'S MESSAGE

Merry Christmas and Happy New Year, 2017, to each and every one of you. As tiny Tim says in "A Christmas Carol", God bless us every one. I trust each of us will be able to look back on this year of 2016 and see that God has, indeed, blessed us in many ways as we have striven to bless others at Aspirus Medford. Thank you for all that you do as volunteers and for your friendship as well.

Kudos to Char Drolshagen and Jo Henrichs for, again, chairing a very successful Lites of Love fundraiser. Thanks to Cheryl Steliga for all of the data entry for the printed programs and to Liz Emmerich for being the eagle eye as proof reader. Our Lites of Love fundraiser culminated in a celebration gathering on December 6th in the Aspirus Community Education room. Aspirus VP, Angie Hupf, graciously opened our evening and shared that 2016 was the 20th anniversary of our Lites of Love program. Boy Scout Troop 536 and Cub Scout Pack 533 – Medford, supported our program by carrying in the flags and leading all in the Pledge of Allegiance. Pastor Tim Becker, First Baptist Church, shared a wonderful message of the tree lights representing someone loved and treasured. "Love means giving, giving something of ourselves to another." As those we love, represented by a light on the tree, gave of themselves to us and we to them, the perfect giver of love is Jesus who gave Himself for all. Thirteen fourth graders came to read their essays on "What would it be like to work at a hospital?" Their essays were great and enjoyed by all. So, thank you to all who supported this great opportunity to bless area high school graduates as they move on to pursue degrees and professions (continued page 2...)



Lites of Love Co-Chairs, Char Drolshagen and Jo Henrichs are shown above with Pastor Becker and Angela Hupf, VP Human Resources & Community Relations at the Lites program.

Passion for Excellence.

Compassion for People.

Aspirus is an **integrated**, community governed healthcare system, which leads by advancing initiatives **dedicated** to **improving** the **health** of **all we serve**.

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Important Dates:

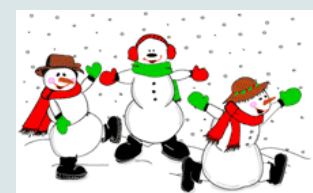
Membership meeting:

Tuesday, January 17 at 2:30 p.m., community education room.



*** A luncheon will be served after the January membership meeting.***

Mid-Winter Bazaar February 22



**YOUR RESPONSIBILITY
IS TO KNOW & DO:**

A.I.D.E.T

A-Acknowledge

I - Introduce yourself to patients and visitors

D - Duration: give details when you can & "Manage Up" the team.

E - Explanation: Tell them how great we are!

T - Thank them for choosing us!



Volunteer Executive Board
Members for 2016-2017:

Barb Enerson, president
(715.803.6104)

Kay Ludwig, president-elect

Liz Emmerich, secretary

Char Drolshagen, treasurer

Dorothy Obenhoffer, past
president



PRESIDENT'S MESSAGE CONTINUED....

in the medical field, hopefully in their hometowns!

A mega thank you to Phyllis Born for chairing our 2016 Holiday Bake Sale! Phyllis did a great job and we are grateful for all of her efforts, and for her husband, Eugene, who helped out as well. The really neat snowman wreath, made by Jo Henrichs, was a hit. And, the beautiful Christmas bed quilt, donated by Augusta Freiboth, thrilled the winner of it. Thanks to ALL of the workers and bakers this year for supporting our bake sale! Honestly, however, it seemed our food donations decreased again this year, which then means our income from the event is less. It takes a large, willing group to make a bake sale successful, so next year, let's ALL do our best to participate and support this fundraiser. Look for Phyllis' article for more detail.

EVERYONE MARK YOUR CALENDARS for Friday, April 7, 2017. This is the date we host the 2017 North Central Spring District Meeting at the Simek Center. ALL ASPIRUS MEDFORD volunteers are hereby requested to come and support this great opportunity to showcase Aspirus Medford! We will have a sign-up sheet at our January 17, 2017 membership meeting. Cost will be \$25 per person. Decide now to participate. Come prepared to commit.

Again, Merry Christmas and Happy New Year to you all.

Barb Enerson,
Volunteer President



"WOW" ANOTHER SUCCESSFUL BAZAAR

THANK YOU !!! THANK YOU!!!! THANK YOU!!!!

To all those who worked at the Fall Bazaar, a BIG THANK YOU.

Volunteers assisting were: Kay Ludwig, Nancy Potter, Jo Jo Henrichs, Carol Ewan, Phyllis Born, Lorna Chapman, Char Drolshagen, Dee Gowey, Pam Runge, Pat Krause, Barb Enerson and Donna Werner.

And I can't forget a BIG THANK YOU to Patti Prusinski, Without her help and guidance, it would not have gone so smoothly.



Mark your 2017 calendars for the PRN Linens & More Sale on February 22nd and our Spring Bazaar on April 26th. More help will be needed.



Thanks,

Liz Emmerich, Bazaar Chairperson

HEALTH EDUCATION REPORT: IMPROVED WELLBEING

Would you like to improve your over all sense of well being? It is easy to do and will not cost you anything but time in developing an attitude of gratitude as a daily life style.

Studies currently in progress indicate that an attitude of gratitude/ thankfulness can be beneficial to your health. Gratitude in the wider concept is a way of being in which you will notice and appreciate the positive aspects of life; especially that occur outside your self. Developing and practicing an attitude of gratitude daily will enable you to become more content in the moment and not dwell upon the negatives that can occur in life.



The benefits to your health and well being by adopting an attitude of gratefulness as part of your daily life style are:

- * Decreased risk of mental health disorders; especially depression, use of drugs including nicotine and alcohol, decreased anxiety or bulimia.
- * Feeling happier.
- * Improved sense of fulfillment.
- * Building and maintaining strong relationships.
- * Improved sleep.



Volunteering at Aspirus—a great way to make friends & beat the blues!

Practices you can implement to develop or improve upon a daily attitude of gratefulness are:

- * Upon waking think of five people in your life to whom you are grateful for having/had in your life. As you think of them picture them in your mind and send them a silent thank you.
- * Be thankful for the simple things in life. Examples might be a sunny day, the first flower of spring, a warm place to live.
- * Seek out the positive in the negatives.
- * Acknowledge your blessings.
- * Start a gratitude journal. Write down the happenings that occurred during the day that you felt an attitude of gratefulness. Try to do this prior to going bed each night.
- * Say thank you to those you encounter on a daily basis that were helpful or kind.



In time you will notice an improved sense of well being and increased satisfaction with your life.

Lorna Chipman, HE Chair

Source: Mayo Clinic Health Letter
Volume 33, Number 3 March 2015



Reminder: visit the Aspirus Volunteers-Medford secured intranet webpages for weekly updates, information and volunteer opportunities. User name and password required. Call Patti at 748.8789 if you need access.

<http://www.aspirus.org/Medford-Volunteers/Aspirus-Medford-Volunteers-Secure-Area.aspx>



Extra cash just in time for the holidays!

Cheers to the New Year & Successful Outcome of Recent Events

There was a special atmosphere as thoughts of loved ones filled hearts during the Lites of Love Dedication Ceremony held on December 6th. Over 75 persons were in attendance at the dedication ceremony. Angela Hupf, Aspirus VP Human Resources & Community Relations and Barb Enerson, Volunteer President officiated the lighting ceremony. Pastor Tim Becker of First Baptist Church gave a blessing. Lites of Love Co-Chairs Charlotte Drolshagen and Jo Henrichs announced essay winners. Local fourth grade students competed in an essay contest and read winning entries about why they would like to work for Aspirus Medford Hospital. Copies of student essays may be found on the web at: www.aspirus.org/Medfordvolunteers.

This December marked the 20th year of the Lites of Love tribute! The program has been a successful fundraiser for the volunteers for many years. To-date nearly 85 scholarships have been awarded, totaling \$42,500 to help offset secondary education costs for students interested in medical professions.

This year Lites of Love revenues exceeded \$2,750, a representation of 1,375 Christmas tree lights (made in honor of or as a memorial to loved ones). Proceeds will be used to award medical career scholarships to area high school students in the spring of 2017. On-going support of this important fundraiser is appreciated and contributions to the program are welcome at any time. Extra copies of the Lites booklet are available by calling Patti at ext. 8789. Again, thank you one and all for making the Lites fundraiser another success. We look forward to serving as your co-chairs again next year! - Char Drolshagen & Jo Henrichs, Lites Co-Chairs

Bake Someone Happy....

Thank you, Thank you! Because of your support and kindness, our bake sale was a success. The final results are in...we raised nearly \$890.00! And this was from participation by a portion of our volunteers. Just think if everyone got involved! Wow. All proceeds stay here and are used for the support and benefit of patient needs at AMHC. If you missed a chance to get involved, your baked goods and/or donations will be welcomed again next winter. The sale is held every year in early December.

Lucky winners of the prizes included:

50/50 Cash prize drawing – Chelsea Ritzel (retail pharmacy) in the amt of \$97.00!
Snowman wreath – Charlene Doyle of Medford
Christmas quilt – Kaitlin Ketring (HR) - *(she was thrilled!)*

Special thanks to: Augusta Freiboth for making and donating the Christmas quilt; Jo Henrichs for her creative talents in making us the snowman wreath; Kathleen Gaab for supporting the event with her craft goods; and Barb Enerson for her insights on how to run a good sale.

We are truly grateful for everyone's support.

Happy Holidays!

Phyllis Born, Bake Sale Chair



Volunteers Celebrating Birthdays

Karen Frosch - December 12
Dee Habeck - December 12
Wanda Lietzke - December 15
Judy Pinkston - December 16
Louise Paul - December 20
Carol Ewan - December 25
Scott Enerson - January 20
Kathy Brunner - January 25

Happy Birthday!