

# Communiqué

Winter 2019

## From the President



*by Paul Dobbratz, President*

Wow, another year has passed! Thanks for all you do – 2018 was a great success! We really do make a difference every day for patients, visitors, and staff at Aspirus.

As I write this, we are celebrating the life and accomplishments of George H.W. Bush. His vision of a “Thousand Points of Light” to recognize volunteerism is a lasting tribute to him. He is remembered for treating everyone he encountered with dignity and respect. This is something that we as volunteers strive to do every day.

Exterior renovations at the hospital continue. They are scheduled for completion in early 2019. While it has caused some inconvenience, the result will be well worth the wait.

Thanks again, for everything you do and best wishes for a successful 2019!

*“We are not here to enjoy the things on earth, but to pass them around. The people who do it are the happiest people you know!”* George H.W. Bush

Be happy,

Paul

## Take Small Steps to Walk Safe This Season

The first snowflakes of the season are already flying. With that in mind, Aspirus encourages all volunteers to take ‘small steps’ to walk safely this winter so that you can enjoy whatever it is you like to do. Here are some helpful tips to keep in mind as the temperature drops and Old Man Winter returns:

- Wear appropriate footwear and carry in your shoes
- Always use designated pathways and crosswalks
- Slow down and pay attention – ice could form at any moment
- Be patient – leave yourself ample travel time and watch for hidden obstacles
- Wipe your feet to avoid leaving water or snow in walkways
- Clear all entrances and walkways of ice and snow as well as properly sand and salt at all times
- Notify the volunteer office to address any hazardous parking lot conditions
- Preventing falls is everyone’s responsibility!



## Aspirus Mission

**We heal people, promote health and strengthen communities.**



## Direct from Yo



My heart goes out to the people living in California with all the fires and devastation. Recently, when a first responder was interviewed, he said, "God is good and you can't get a blessing until you are a blessing to others."

With all the bad news in the world, everywhere and every day, there are still good people helping other people. Thank you to each of you for being you and helping others every day.

What a year! As we move forward into 2019, it's time to reflect. I have been reading a book by Leeza Gibbons - Your Guide to Creating Happy Endings and New Beginnings.

Here are some thoughts from her book –

"If they held midterm elections for your life, what would your platform be? Would there be a referendum for change or maybe even a recall? Re-creation, reinvention, and transformation - whatever you choose to call it, you're ready to accept it, embrace it, and use it to your advantage. The person you were yesterday is not who you have to be today or tomorrow. You have the power, the will, the tools, and the energy to transform yourself into whatever you want. This is called a 'Transformation Proclamation.' Think of this as your daily mantra to help remind you of who you are and where you're going.

**Transformation Proclamation** - I proclaim that this and every day is a blank page - a new chance to see things the way I want to. I choose to see possibilities. It is choice, not chance, that creates fate in life.

- I proclaim that I will always try. If I fail, I know failure is a teacher. It's a delay, not a defeat. Effort is my goal.
- I proclaim victory over the circumstances that show up in my life themselves; and I will look for a way through, under, around, or over the mountains that seem to stand in my way.
- I proclaim that I can ever move forward. I can forgive and forget. My rearview mirror is a perfectly nice place for all things in life that I passed over, passed by, or rejected.

Your proclamation should be your pledge - your promise to yourself about the things that you want to guide your life, your limits, your lines in the sand, your list of non-negotiables.

I believe all of you have already started your own transformation proclamation. Remember, you're at the starting gate of the rest of your life, and you can come out of the gate strong."

Thank you for having the passion and energy to volunteer and be a part of helping to transform the world every day with each bit of caring and compassion you share with others.

*Yo*

## Calendar of Events

### February 26

Volunteer Board of Directors meeting

### March 25

Volunteer Cookie Sale

### April 7-13

National Volunteer Week

### April 9

Volunteer Annual Banquet

### April 17

Advocacy Day – Madison

### May 27

Memorial Day – no volunteers scheduled

### May 28

Volunteer Board of Directors meeting and STAR review

### June 14

Volunteer Cookie Sale



## Public Policy Education



*by Cindy Hermel*

As the dust settles after the November election in which Tony Evers defeated Scott Walker in the Wisconsin gubernatorial election, the transition to the new administration is underway. Governor-Elect Evers won the election by 31,000 votes.

Nearly 2.7 million votes were cast. It was the largest mid-term election since 1948. Republicans retained control of the Wisconsin State Senate and Assembly.

Health care issues were among the most frequently debated during the election campaign. The issues included pre-existing conditions insurance coverage, the expansion of Medicaid eligibility to 138% of the federal poverty level and removing Wisconsin from a Texas lawsuit that would strike down some components of the Affordable Health Care Act.

Governor-Elect Evers has stated he would accept federal money, which would help fund the Medicaid expansion. It is likely there will be push back from the Wisconsin State Senate and Assembly. Stay tuned for developments if this leads to a budget battle between the executive and legislative branches of the state government.

Partners of WHA hosted its annual convention October 2-4 in Stevens Point. The CEO Panel was again a highlight of the event. CEO Panel participants included David Hartberg of Gundersen Boscobel Area Hospital Clinics, Mary Beth White-Jacobs of Black River Memorial Hospital, Dawn Gapko of Ascension Our Lady of Victory Hospital, and Aspirus Wausau Hospital's President, Darrell Lentz. Discussion topics included workforce needs, the opioid crisis, rural community issues affecting health care and the role of hospital volunteers. The CEO panelists provided

in depth perspectives relative to their specific organization and community characteristics, demographics, strengths and needs. There was consensus among the panelists that hospital volunteer advocacy efforts are a valuable and effective contribution to hospitals, patients and communities.

Since Wisconsin's psychiatry shortage has been a long-term concern, WHA has teamed with the Wisconsin Department of Health Services to create a public policy solution. It is a matching grant program targeted at specializations with the worst shortages - like psychiatry. Preference will be given to rural applicants where shortages have the greatest impact. With the support of these grants, the Medical College of Wisconsin opened new psychiatry residency programs in northeastern and central Wisconsin in 2017. The new and expanded programs will result in 37 additional physicians enrolled in psychiatric residencies and addiction fellowship programs by 2020.

Thank you for all your advocacy efforts this past year. Keep up the great work in 2019!

# Gift Shop Coupon

## 30% *off*

one regular-price item

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

Expires: 2/28/2019



## Festival of Trees

The Aspirus Health Foundation is pleased to announce that this year's Festival of Trees event to benefit Aspirus Comfort Care and Hospice Services was a success due to the incredible support of our community!

For the 22nd year, thousands of guests attended the Festival of Trees event during the week of Thanksgiving. Guests viewed 120 holiday trees, wreaths, mantels, and specialty items at Stoney Creek Hotel & Conference Center in Rothschild, which were donated by people in our community for raffle and silent auction.



*Santa high-fives children at the Teddy Bear Breakfast. Visit the Aspirus Health Foundation's Facebook page for photos of the various events.*

We are proud to announce that, together with our community and the Festival of Trees Committee, \$222,000 was raised! This is a record-breaking year!

**Thank you** to all who support the Aspirus Health Foundation and Festival of Trees event ... we could not do it without you!





## *In Memorium*



**Grace Wylie's** favorite volunteer activity was delivering weekly meals for the Wausau Mobile Meals program. She donated more than 1,500 hours of service as part of Aspirus Volunteers. Grace passed away September 19 with her family by her side.

**Betty Jane Kettunen** passed away October 16. For more than 21 years she baked cookies for Hospice House. Betty logged more than 686 hours of service baking and sharing her tasty treats. Her kindness and generosity will be greatly missed.

**Rose Marie Dreikosen** spent many hours making prayer shawls for Aspirus Cancer Center. Over the years she made a total of 178 shawls. Rose Marie passed away on November 14. Her sense of humor and generous spirit will be missed.

**Jeanette Stenzel** was a 20-year volunteer for Aspirus. She spent most of those years helping with the Teddy Bear Clinic and Emergency Department, donating more than 5,220 hours of service. Jeanette passed away November 26.

**Dolores Riege** was a long-time volunteer for Aspirus. She logged more than 3,370 hours of service helping with the Pre-School Hands program and waiting rooms. She was also one of the original volunteers to help with the Lifeline program. She dedicated her life to serving others. Dolores passed away on December 24.

## Volunteer Opportunities / Help Wanted

**Comfort Cart** – Volunteers provide patients with small items at their bedside to enhance their hospital stay. A variety of products are provided at no charge to patients (pens, playing cards, magazines, puzzle books, etc.). Volunteers are needed to stock the cart and walk the route through the hospital.

**Prayer Shawls** – Our shelves are empty! We are in need of prayer shawls, both knit and crochet styles. Patterns are available, but the basic size is 30"x60". Please drop off your donations at the volunteer desk near Entrance A of the hospital lobby.

## Emergency Code Reminder - First Aid

If a volunteer encounters a serious injury/condition on the hospital property, Code First Aid should be called by dialing 44 on a hospital phone and identifying your location. Operators will page staff beepers and assigned staff will respond. Serious conditions include uncontrolled bleeding, shortness of breath, chest pain, loss of consciousness, and unwitnessed falls with injury or pain.

## Annual Requirements Training

Volunteer Annual Requirements Training was held on September 26 and October 10. Speakers presented information on Infection Control, Confidentiality/HIPPA, Safety, Service Excellence, Standards of Conduct, and Harassment. Paul and Connie Dobbratz also shared information on Fraud Prevention.

## LIFELINE

### Congratulations Aspirus Lifeline for 35 Years of Service 1983- 2018

Aspirus Lifeline has been a community program of the Volunteers since 1983 providing Philips Lifeline medical alert service to thousands of older and disabled people, promoting independence, security and peace of mind. For seniors, a fall in and around the home is the most frequently occurring accident. In fact, falls are the leading cause of injury or death among older adults. Lifeline reduces hospital stays and readmissions by reducing long lie times and serious injury.

We have come a long way in the past 35 years. We have helped thousands of people in their time of need whether from a fall, medical or non-medical emergency. Lifeline protects more seniors than any other medical alert service. The Aspirus Volunteers, through this community program, offer seniors a meaningful and needed service allowing them to have the confidence to continue to live independently in the homes they love.

Currently, 11 volunteers install Lifeline equipment, change out batteries and buttons, and assist subscribers in their homes as needed throughout Marathon County and the city of Marshfield.

Thank you to the Aspirus Lifeline current and past volunteers, who so graciously give of their time and talents helping people live safely in their homes. Their dedication and willingness to provide the best customer service is a significant contribution to our program's success over the past 35 years.

### Special Thanks

*Aspirus staff members are grateful for volunteer, Jody Seybold, and her husband, Dr. Dan Seybold, who put up the holiday tree in the Heart & Vascular Institute waiting room every year.*



## 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!**

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

### 100 Hours

John Babel  
Vanessa Bradfish  
Sierra Delonay  
Mary Frey  
Linda Grilley  
Maria Gulan  
Penny Jirschele  
Cassandra Knudsen  
Quinn Lodholz  
Diana Miller  
Jean Miller  
Savannah Pauls  
Margaret Rogers  
Cameron Schilling  
Elly Schlinkmann  
Hannah Senanayake  
Amanda Westerhaus  
Shelain Yach

### 200 Hours

Karen Briggs  
Lori Doering  
Dennis Hess  
Cynthia Kleinstick

Clark Loeffel  
Suzanne Martin  
Karen Nocco  
Laurie Reinhart  
Madeline Rodemeier  
Bill Schirer  
Roxanne Thomas

### 400 Hours

James Beese  
Nettie Sosnoski

### 500 Hours

Roger J. Aho  
Julie Hess  
Russell Kitsemel  
Dawn Merriam  
Gloria Setterman  
Mary Ventzke  
Matthew Viegut

### 600 Hours

John Daniels  
Jeffrey Tiffany

### 700 Hours

Dianne Hendrickson  
Lois Jarosz  
Amy Kitsemel  
Natalie Schael

### 900 Hours

Sherry Burnett  
Luann Esko  
Janice Gresens  
Susan Henning

### 1000 Hours

Donna Rule  
Jaclyn Seliger  
Roger Sommi

### 1500 Hours

Duane Askew

### 2000 Hours

Elaine Hills

### 2500 Hours

Mary Fochs

### 3000 Hours

Verda Bliese

### 3500 Hours

Peggy Bant

### 4500 Hours

Sylvia Erickson  
Enid Krueger  
Joan Ninnemann  
Jody Seybold

### 7000 Hours

Mary Hardell

### 9000 Hours

Dolly Feira  
Patricia Rogalla

### 15,000 Hours

Cleo Tyskiewicz

### 16,500 Hours

Lee Borneman

### Volunteers

#### 50 Hours

Amaya Boman  
Skylynn Bublitz  
Dustin Copa  
Kayli Thao  
Emma Zubke

#### 100 Hours

Jacob Berdal  
Justin Reimer  
Yangmee Yan



## Rainbow's End Alumni Camp

Rainbow's End Alumni Camp was held September 8 and 9 at Grand Lodge Water Park. There were 23 young adults with special needs and 17 volunteers who participated. This year's theme was "All Ball". Thanks to the Aspirus Volunteers for supporting this camp.





# ASPIRUS™

Passion for excellence.  
Compassion for people.

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Wausau, WI 54401

## Communiqué

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**Graphic Design & Print Shop**

### Aspirus Coffee Shop



## 50¢

off your purchase of \$3.00  
or more

Expires: February 28, 2019

### Mission, Vision & Values in Action

Do you have an example of the Aspirus values in action? We want to hear about it. Submit a short story of yourself or others talking about a time when any part of our new system Mission, Vision or Values was put into action. Please drop off your story in the volunteer office or email them to [volunteers@aspirus.org](mailto:volunteers@aspirus.org). Stories will be shared in future issues of the Communiqué.

### Mission of Aspirus Volunteers

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.