

The Volunteer Partners newsletter is published three times a year to communicate information of interest and usefulness to volunteers and friends. We welcome all suggestions and comments. You may contact me at 715-225-3978 or email me at Jaci.Fuller@hshs. org Jaci Fuller, Volunteer Partners Newsletter Coordinator.

VOLUNTEER PARTNERS MISSION STATEMENT

In partnership with HSHS
Sacred Heart Hospital, the
Volunteer Partners will
provide compassionate,
supportive services for
patients, their families
and hospital staff;
promote community
awareness of the
Hospital's mission; and
raise funds for Hospital
needs.

HSHS SACRED HEART HOSPITAL

VOLUNTEER Partners

Helping in the

community







Dear Volunteer Partners,

I would like to take a moment to share some exciting news that will benefit the Eau Claire community greatly. Encompass Health Corp. and Hospital Sisters Health System (HSHS) announced a joint venture agreement to operate a future 36-bed inpatient rehabilitation hospital within HSHS Sacred Heart Hospital.

This will be a state-of-the-art, "hospital within a hospital facility" that will allow us to expand our inpatient rehabilitation offerings, enhance the quality of care we provide and keep it local. The hospital, to be named The Rehabilitation Hospital of Western Wisconsin will be constructed inside our hospital and replace our current 24-bed inpatient rehabilitation unit. If you are unfamiliar, this unit helps patients recovering from major illnesses and injuries including strokes and other neurological disorders, brain injuries, spinal cord injuries, amputations and complex orthopedic conditions.

The Rehabilitation Hospital of Western Wisconsin will feature all private patient rooms; a spacious therapy gym with advanced technologies and an activities of daily living suite; an in-house pharmacy; and a dining and recreation space! We are blessed to begin construction in September and anticipate its completion in August 2022. Our current unit will continue to provide patients with essential rehabilitative services during the renovation.

While these services focus on the physical recovery process, your efforts help lift the spirits of patients. Whether it's providing way-finding or a comforting hand to those in need, your service is deeply appreciated.

I hope you continue to stay safe and healthy as we move in to the fall season. Thank you for embodying Christ's healing love as you work to keep HSHS Sacred Heart the hospital of choice for residents of the Chippewa Valley.

Sincerely,

Andy Barth President and CEO HSHS Sacred Heart Hospital

A note from your President



After COVID-19?

Just as we are returning to our in-person meetings and gatherings, COVID-19 is back in our lives again – it's the variant this time. Even when events are scheduled, some groups find people aren't signing up immediately because they are waiting to see if they will really happen, or be postponed again. Whatever happens, we will make do with a smile even if we have to meet outdoors or on "Zoom" again.

Brandy continues to contact and welcome back HSHS Sacred Heart Hospital volunteers. Since volunteers tend to be older, she has lost some due to age or fear of COVID-19. Thanks to all of you who are back volunteering in the Gift Shop, the Information Desk, the Family Waiting Room, Hospitality (formerly Transport) and distributing Communion. Your service and the gift of your presence are so important to colleagues and patients. Thank you!

Enjoy the rest of your summer and autumn which is just around the corner. Please stay happy and healthy!

Kathy Herfel
President
HSHS Sacred Heart Volunteer Partners

"Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence." - St. John Paul II

VOLUNTEERS WANTED!

The new position of St. Francis Dining Attendant is in need of volunteers. The task objective is to assist the apartment building manager with noon dining service that may include on rare occasions delivery of prepackaged containers if the dining room is closed. This position is for an 11 a.m. to 1 p.m. shift.

Qualifications for this position include being able to:

- 1) Communicate clearly
- 2) Respect and maintain confidentiality
- 3) Work effectively with others

For a complete list of qualifications and job duties, contact Brandy Sikora at 715-717-7439.

Other volunteer positions open include: Family Waiting Center, Communion minister, Front "Information" desk and office volunteer. Contact Brandy Sikora at 715-717-7439 for more information.

Volunteer Services Manager Notes...

Dear Volunteers,

Where to begin? What a roller coaster of a year! Between COVID still looming over us, vaccinations, political issues and not to mention the tantrums of Mother Nature, I have learned to live each day by accepting the challenges that are presented and embracing my relationships.

Many of us, especially recently, have fallen into a self-crippling judgment of ourselves. There are many forces in our lives that leave us with a sense of self-doubt and unworthiness. These feelings, brought on by the affairs of this past year, have created a mental health crisis. I chose to reflect and reconnect with myself leading to a better path but there are many people out there who are not able to bring themselves back from that unworthy feeling. This summer, it was announced that funding from the State of Wisconsin will allow our hospitals to expand capacity by adding 22 new psychiatric beds. The additional beds will enhance the existing units, creating a 33-bed adult unit at HSHS Sacred Heart Hospital and a dedicated 18-bed adolescent unit at HSHS St. Joseph's Hospital. What a blessing! There are many people in our communities that require support, and it was always the Sisters' mission to help those that are in need and it is our mission to continue that.

Remember this acronym when you start to feel a sense of self-doubt, unworthiness, or anxiety.

RAIN

Recognize my feelings inside. Am I anxious, mad, sad?

Allow what is happening by breathing and letting it be. Accepting those feelings.

Investigate what felt most difficult. Was it failure? Loneliness?

Nurture yourself. Tell yourself it will be ok. You'll be all right. We've been through this before.

Take time to reflect and rest in that clearing.

-Radical Compassion: Learning to Love Yourself

and Your World with the Practice of RAIN by Tara Brach

As always, thinking of you and wishing you peace, laughter and lots of ICE CREAM!

Brandy Sikora Manager, Volunteer Services

Gift Shop News



GIFT SHOP NEWS

It is always important to show others that we care about them. Basic human kindness is a thread that ties us all together. And it seems we need to show kindness and compassion now more than ever. I have one of those friends that every time I meet with her, she smiles like she is genuinely happy to see me. She is warm and welcoming, and my heart and soul are filled with happiness after even a short time with her. And then the last thing she says to me EVERY TIME is, "I love you". I have another close friend that gives me a little gift when we meet. It's fun to peek in the bag and see what surprise awaits me. It's really sweet and it's something I've come to accept about her quirky personality.

Everyone has a different way to show friendship or love to each other and this love language binds us to one another. A basic definition of love language is how we give love to others. It can be little things like lotion or earrings or an expression of feelings, but the running thread is that it shows you were thought of today and someone cares about you. Every day in the Gift Shop people come in to purchase caramels, flowers or lip balm to thank a colleague or to make a patient's day better. The Gift Shop also plays a small role in birthdays, anniversaries and other happy events. The volunteers in the Gift Shop truly enjoy the time they spend in the Shop. Volunteering itself is a love language in an act of selfless service but when you love what you do, it genuinely is easy.

The Gift Shop is here to help fulfill these small acts of generosity. We can offer everyone a break from whatever is going on in their lives (patient care, too much screen time or just to stretch your legs) or a break to satisfy that sugar craving that won't go away. Just like a good friend, the Gift Shop strives to be warm and welcoming. Even after a short visit, you walk away happier and some of your wishes are fulfilled. We appreciate your business and are happy to see you when you walk through the doors.

Jennifer Stuber Gift Shop Manager



Board Updates

A TIME TO REMEMBER

The Volunteer Partners wish to extend our sincere and heartfelt sympathy to the families and friends of the following volunteers: Ruth Brown, Barbara Gordon and LaVonne Santala.

Our prayers and sympathy also go to Volunteer (and Council member) Steve Werner on the death of a brother-in-law.

May memories give you strength, peace and comfort.

The Lord will give strength unto His people.

The Lord will bless His people

With Peace.

-Psalm 19:10

Board Updates

TREASURER'S REPORT

The projected revenue for the year July 1, 2021 to June 30, 2022 is \$28,500, which includes \$25,000 for Love Lights, \$2,500 for additional fundraising events and \$1,000 for donations by members.

Total estimated disbursements of \$28,500 include:

\$22,500 for Love Lights donation and related expenses

\$3,000 for TAG Scholarships \$3,000 for other expenses (gifts to patients and colleagues, Partners dues, education/meetings, Spring Luncheon and handcrafters supplies for baby blankets)

If you would like more information, you may contact Steve Werner, Treasurer werner@alumni.nd.edu

REGIONAL CANCER CENTER FUNDING

During an April 2017 meeting, the Volunteer Partners Board of Directors agreed to support the HSHS Sacred Heart Hospital request for funding of the remodeling of the Cancer Center. The Board voted to commit to a three-year funding proposal for a total of \$100,000. The first payment was made in October 2018 and the final payment of \$20,000 was made in June 2020.

The remodeling of the Cancer Center brings patientcentered cancer care to the Chippewa Valley, exceptional vascular and cardiac care, the highest level of stroke treatment in the region and so much more.

PUBLIC POLICY AND EDUCATION

HSHS Sacred Heart Hospital issued the following news release on July 8, 2021:

HSHS hospitals set to receive state funding to expand mental health beds in western Wisconsin

Eau Claire and Chippewa Falls, Wis. - HSHS Sacred Heart and St. Joseph's hospitals are excited to receive \$15 million in state funding as part of Governor Tony Evers' biannual state budget, announced Thursday, July 8. The funding will allow our hospitals to expand capacity by adding 22 new psychiatric beds.

The additional beds will enhance the existing units, creating a 33-bed adult unit at HSHS Sacred Heart Hospital in Eau Claire and a dedicated 18-bed adolescent unit at HSHS St. Joseph's Hospital in Chippewa Falls.

"We have been committed to serving the behavioral health needs of our communities for 60 years," said Andy Bagnall, HSHS Wisconsin President and CEO. "This expansion directly aligns with our mission and allows our inpatient services to meet a significant community need."

HSHS Sacred Heart and St. Joseph's hospitals' Executive Director of Behavioral Health, Toni Simonson said securing this grant to expand the hospitals' emergency mental health services is crucial.

"I am so thrilled and appreciative of this funding," says Simonson. "This is going to help us serve more community members during a time when mental health needs are rising at an exceptional rate."

Currently many patients in need of emergency mental health services must be transferred to facilities far outside the Chippewa Valley. This puts a strain not only on patients, but also law enforcement agencies that make those transfers. Simonson says expanding local access to care keeps patients in closer proximity to family support networks and therefore enhances patient recovery.

VOLUNTEER PARTNERS, continued from page 6

The initiative to add mental health beds began in 2019 with Senator Kathy Bernier as the lead advocate for additional resources. With help from Representative Jesse James, the legislators worked closely with HSHS leadership to develop a facilities and funding strategic plan.

"Just last week we announced a growth initiative regarding adding beds to the HSHS Sacred Heart Hospital rehabilitation department," said Bagnall. "Now we are growing our ability to provide emergency mental health services. It will be rewarding to see the positive impact these additions will have for our patients."

Renovations to add mental health beds at HSHS Sacred Heart and St. Joseph's hospitals will begin in the near future.

Steve Werner, District Public Policy Education Chair

COMMUNITY HEALTH EDUCATION

According to WebMD, pneumonia is very common with 3 million cases a year. Pneumonia is an infection that inflames the air sacks in one or both lungs. Air sacks are filled with fluid or puss causing cough, fever, chills and shortness of breath. It is spread by droplets and is preventable with a vaccine.

There are two types of pneumonia. Doctors describe the type of pneumonia you have by where you got the infection:

Hospital acquired is one that is caught when you are hospitalized due to being on a respirator, weak cough effort, you have a tracheostomy or you have a weakened immune system.

Community-acquired is acquired somewhere other than a hospital or long-term care facility. It can be caused by bacteria, virus and fungi.

Doctors further group pneumonia by causative factors:

Bacterial pneumonia is the most common community-acquired pneumonia in adults. You can catch pneumonia when someone who is infected coughs or sneezes releasing bacteria-filled droplets in the air and you breathe them in through your nose or mouth.

You are more prone to pneumonia with a weakened immune system, history of asthma, emphysema or heart disease. Antibiotics are the treatment for this type of pneumonia.

Viral pneumonia is caused by several types of viruses and is the second most common cause of pneumonia.

Symptoms are similar to the flu: fever, chills, dry cough, stuffy nose, muscle pain, headache, tiredness and weakness. Antibiotics will not be the treatment since they only work on bacterial pneumonia. In this case, the treatment plan addresses treating the symptoms.

Fungal pneumonia is a less common form of pneumonia. If you are immune suppressed, have had an organ transplant, received chemotherapy, HIV positive or are receiving autoimmune treatment, your chances are higher you could catch it.

This form of pneumonia is spread by breathing in tiny particles called fungal spores. People who farm and are around bird, bat and rodent droppings, people who work with soil, i.e., gardeners and landscapers, members of the military or construction workers who are around a lot of dust are more likely to come in contact with the spores. The symptoms are similar to the other pneumonias.

Mary Ann Bowman Community Health Education Chair

TAG (Tuition Assistance Grants)

The Volunteer Partners recently awarded \$1,000 grants to three colleagues to reimburse them for education expenses incurred in pursuit of a health care degree. The TAG Committee of the Volunteer Partners Council selected the following candidates after interviewing those who applied for the grants. The Volunteer Partners are proud to support Laura Prueher, Michelle Willcutt and Kayla Gardner with grants. The following are letters of acknowledgment and appreciation from the recipients.

I am proud to say, that this year I am celebrating 11 years of serving patients at HSHS Sacred Heart Hospital in Eau Claire, WI! I am currently serving as a registered nurse in the cardiac catheterization lab at Sacred Heart Hospital. I enjoy providing optimal bedside patient care through my strong patient advocacy efforts, while adhering to the integrated nursing process. In my procedural nursing position, I afford my patients with comfort, hemodynamic stability and education, to further their best possible health outcomes.

I am studying for my Doctor of Nursing Practice (DNP) degree, with a family nurse practitioner focus. My DNP degree will provide me with the knowledge of theory and evidence-based clinical decision-making skills with children, adults and families as a unit. As a provider I will integrate ethics, cultural influences, and social awareness in providing holistic care to my patients and their families. I will attain leadership skills with an analysis of external and internal influences through my studies. My future plan is to be a doctoral prepared family nurse practitioner that focuses on promoting, improving, and sustaining effective family functioning to individuals, families and the community. Additionally, I will promote family healing through holistic and medicinal interventions, while softening illness suffering.

I am blessed to be a recipient of the 2021 Volunteer Partners Tuition Assistant Grant. These funds will assist me in paying for my graduate program credits that are required for my degree.

Kayla M. Gardner

My name is Laura Prueher, I am a House Supervisor at HSHS St. Joseph's Hospital in Chippewa Falls. I love my position. I have the opportunity to help our patients and staff. Often times I am helping out at the bedside and really have an abundance of pride in my work. I am currently working on my BSN. I am very grateful for receiving this grant as I continue my studies. I am hoping to either continue my studies to further my own education to go into management or education in Nursing. I really enjoy assisting staff at the bedside so I am leaning towards clinical education. I am pleased to have been selected for this grant and very grateful for the Volunteer Partners for choosing me to be a recipient.

Laura Prueher

I have been a colleague at HSHS Sacred Heart Hospital for 10 years this September. Upon returning to my hometown in 2011, I knew I wanted to work at Sacred Heart. I recall my grandfather being a patient here many years ago and attribute his full recovery to God and those "angels" who cared for him while he was here. Those "angels" inspired me to become a nurse. I obtained my Associate Degree in Nursing in 1997. I completed my Bachelor of Science in Nursing in 2017. I am currently enrolled in a Master's of Science in Nursing program at Capella University. The majority of my time at Sacred Heart has been in the Critical Care Unit. What an honor it is to care for our patients and their families during this very difficult time. I have been a part of the clinical education team for the last two years. I am transitioning into a management role in the upcoming weeks. I have a passion for nursing and mentoring nurses to help them grow professionally. I am forever grateful to the Volunteer Partners and HSHS for their contribution to my education.

MEET THE 2021/2022 COUNCIL MEMBERS:

Council President Kathy Herfel was elected to the Council in 2017 at the annual business meeting. She enjoys spreading joy through her volunteering with the Threshold Singers and using her talent to bring joy to the Hospital patients.

Council President-Elect Carol Dittmar, elected to the Council at the 2019 annual business meeting, is a retired lawyer and continues to serve as a Business Law Professor at the University of Wisconsin - Eau Claire. She has served in leadership roles for her church and has volunteered with the Threshold Singers, the Valley Gospel Choir and Luther Park Bible Camp.

Council Treasurer Steve Werner was elected to the Council in 2016 and has served as the Public Policy Education co-chair, Tuition Assistance Grant Committee Chair, President in 2019/2020 and Past President. Steve brings Communion to patients, lectored at the Hospital chapel Mass and sang in the Hearts of Joy Choir. He is an Eau Claire native and an alumnus of Regis High School and UW-Eau Claire. Steve is the West Central District Public Policy Chair.

Council Secretary Chris McHugh was elected for a 3-year term in May 2021. He is a nine-year resident of Eau Claire and has been volunteering as a Hospitality volunteer at the Emergency entrance. Approximately three years ago he was treated for vocal cord cancer in the Cancer Center, where he was treated with great respect and compassion. He feels it is appropriate to give something back and enjoys helping patients and their families.

Past President Bill McCullough served as President of the Council in 2018/2019. He is a cancer survivor and volunteers in the Cancer Center. Bill is a graduate of Drake University with a degree in sociology and is retired from the Royal Credit Union. He enjoys volunteering as a tutor for the Literacy Volunteers and an instructor for Junior Achievement. Bill is also the Public Policy Education Chair for the State Partners of WHA.

Mark Richter was elected to the Council in 2018. He has worked at two other hospitals and as a volunteer in Minnesota and Rice Lake before moving to Eau Claire. Mark has served as secretary on the Council and Co-Chair of the Public Policy Education Committee.

Mary Ann Bowman was elected to the Council in 2019. She moved from lowa to Eau Claire in 2011 to be closer to her son. She has been in nursing since 1975, working in many areas of a hospital. Mary Ann also volunteers at the Chippewa Valley Free Clinic as a RN.

Cathy Barkovich was elected to the Council in 2019 at the Annual Business Meeting and is a retiree of HSHS Sacred Heart Hospital (2005 - 2016). Prior to moving to Eau Claire, she lived in Farmington MI. Cathy also volunteers at a number of other places including the Chippewa Valley Free Clinic, Community Table and St. James the Greater Catholic Church.

Judy Peak was elected to the Council in 2017. She is a retired nurse and is involved as a volunteer in the Footsteps Program. She is the Chair of the Hand Crafters.

Sharon Sterns is a Western Kansas native and earned an Associate of Arts Degree as a Physical Therapy Assistant and an Associate of Arts degree as an Administrative Assistant. She has lived in Eau Claire for over 23 years and has worked at St. Mary's Church as Parish secretary and then Administrative Assistant for 21 years.

Ceil Marshall was elected for a three-year term in May 2021. She has volunteered as Sacristan at the Sacred Heart Chapel for many years and worked closely with Fr. Klimek who trained her to help bring Holy Communion to patients. For 25 years she worked with families in the Critical Care Lounge and she continues to serve and train new Eucharistic Ministers. She has been a volunteer for approximately 35 years. Ceil serves as the Pastoral Minister at Sacred Heart of Jesus – St. Patrick's Parish.



SEPTEMBER

Chris McHugh 13 Deb Stanke 14 Roxanne Miescke 19 Sandy Hart 23 Janie Julson 23

OCTOBER

Lynnda Jankowski 10 Ceil Marshall 15 Sandy Gobler 21 Paul Vanderheiden 25 Mary Ann Bowman 29

NOVEMBER

Ashley Peterson 14 Cathy Vanderheiden 21 Marianne McElroy 26

DECEMBER

Dianne Parr 5 Rickaela Ludwig 10 Robert Green 12 Pat King 29 Luann Foiles 30

(GOOD INFORMATION) LESSONS FROM GEESE

In fall when you see the geese heading south for the winter flying along in the "V" formation you might be interested in knowing what science has discovered about why they fly that way.

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying the "V" formation the whole flock adds at least 71% greater flying range than if each bird flew on its own.

It's quite similar to people who are a part of a team and share a common direction. They get where they are going quicker and easier because they are traveling in the trust of one another and lift each other up along the way.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock. If we have as much sense as a goose, we will stay in formation and share information with those who are headed in the same way that we are going.

When the lead goose gets tired, he rotates back in the formation and another goose takes over. It pays to share leadership and take turns doing hard jobs.

The geese honk from behind to encourage those up front to keep their speed. Words of support and inspiration help encourage those on the front line... helping them keep pace in spite of the day-to-day pressures of fatigue. It is important that our honking be encouraging - otherwise it's just ... well ...honking.

Finally, when a goose gets sick or is wounded and falls out, two geese fall out of the formation with the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead. Then they launch out with another formation to catch up with their group.

When one of us is down, it is up to the others to stand by us in our time of trouble. If we have the sense of a goose, we will stand by each other when things get rough. We will stay in formation with those headed where we want to go.

The next time you see a formation of geese, remember their message that: "it is indeed a reward, a challenge, and a privilege to be a contributing member of a team."

(Author unknown)

^{*}Above are the active volunteers

SPOTLIGHT ON VOLUNTEERS



Jack Ruppelt has been a dedicated volunteer at HSHS Sacred Heart Hospital for 11 years. He began volunteering as a way to "pay back" to the Hospital for the excellent care he had received while a patient at Sacred Heart Hospital.

Jack is a "Hospitality" (formerly called Transport) Volunteer and puts on many miles while delivering newspapers, flowers to patients and patients' belongings, moving beds, finding wheelchairs and overall assisting Hospital staff whenever possible and when needed. Jack states he enjoys volunteering and that the staff is very appreciative of his help and they are very friendly.

When Jack is not volunteering, he and his wife enjoy traveling and caring for their great grandchildren.

Thank you, Jack, for you dedication!

Past Events

2021 GOLF CLASSIC

The 30th Golf Classic was held on July 26, 2021 at the Country Club Golf Course. HSHS Sacred Heart Hospital volunteers Bill McCullough and Jaci Fuller, along with their spouses, volunteered. It was a beautiful day and \$56,000 was raised to provide scholarship support and emergency assistance to Hospital colleagues who have given unparalleled care during the COVID-19 pandemic.

FIRST GOLF CLASSIC

The first Sacred Heart Golf Classic, held on July 29, 1991, was sponsored by the "Guild" (now the Volunteer Partners) and chaired by Trish Watkins. One hundred twenty-two golfers enjoyed a fun-filled day of golf. The first-place team winners, Kathy Bartl and Rosemary Rounds, received free airline tickets to anywhere in the continental United States! The profit, estimated at \$13,000, was designated for the L.E. Philips Rehab - 9th floor.

(Article from the September 1991 newsletter)

ST. FRANCIS APARTMENTS PICNIC

On July 28, 2021, the residents of St. Francis Apartments enjoyed an outside picnic lunch of hot dogs, beans, potato salad, chips, watermelon and lemonade. They were served cake for dessert. HSHS Sacred Heart Hospital volunteers who assisted in serving the meal included Sandy Gobler, Sandy Hart, Ann Lamourex and Kathy Herfel.

Music was provided and many residents joined in singing and even danced. It was a very enjoyable day and thanks to the volunteers who helped make the day special!



FUNDRAISING EVENT

The Books are Fun/ Collective Goods fundraising event was held on June 10 and 11, 2021. Colleagues, volunteers and visitors enjoyed shopping. All proceeds will be used by the Volunteers for the Hospital needs. Thank you to all the shoppers and to the volunteers who assisted with the sale.

BACKPACK PROJECT

Again this year, backpacks and school supplies were donated by volunteers and colleagues. They were very generous and a total of 32 went to Putnam Elementary

School.
Jennifer
Stuber and
Brandy Sikora
delivered the
backpacks
and supplies,
which were
very much
appreciated.



Upcoming Events

DISTRICT MEETING

The West Central District of the Partners of WHA fall meeting had been planned for November 4, 2021, at Jacob's Well, 3211 No. 50th Avenue, Chippewa Falls. However, due to COVID-19 restrictions, the meeting will be by Zoom. The Volunteer Partners Council members of HSHS Sacred Heart Hospital are in charge of planning the meeting. More information will be posted as it becomes available.

STATE PARTNERS OF WHA CONVENTION

The State Convention of the Partners of WHA will be held virtually on Oct. 5 -7, 2021. Due to the current state of the pandemic, the Executive Committee of the Partners of WHA felt the safety of the membership was the highest priority. There will be some workshops and the CEO panel on the convention dates plus the annual business meeting.

More information will be sent to districts and members.

