

# BELLINTEER

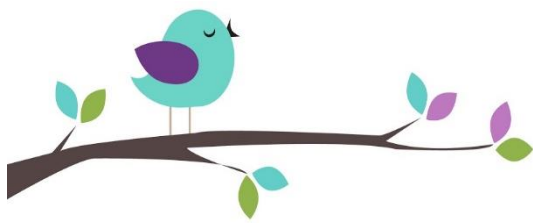
A Quarterly Publication for Volunteers of Bellin Hospital

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## *A Message from Your Volunteer Staff*

The month of April celebrates “**National Volunteer Week.**” This year it is the week of April 7 and once again affords us an opportunity extend our sincere gratitude to each of you.



“The world is hugged by  
the faithful arms of volunteers!”



We are so fortunate to have so many long-term volunteers as part of our program. Your dedication to your volunteer duties means a great deal to us.

Our program continues to expand as more and more requests from various areas come our way offering new volunteer opportunities.

We are fortunate to maintain a population on average of 400 volunteers to help support our health care system. Our volunteer population donates more than 2,000 hours a month. This is a true accomplishment!

On behalf of Bellin Hospital, we want to extend our most sincere “**Thank You**” for your many hours of dedicated volunteering with us! You can feel proud of your part in helping to make our visitors and patients feel welcomed.

Our Volunteer Appreciation Luncheon this year will take place on Wednesday, May 15. Please watch your mail for your invitation with further details!

We look forward to gathering together to celebrate with each of our wonderful volunteers.

As always, please stop in or call us anytime with your suggestions and comments.

 Dawn McCole, 433-3697  
Volunteer Coordinator

 Drew Russo, 433-3632  
Volunteer Coordinator



# Community Health Education Report



Thank you to all volunteers for supporting our health focuses and initiatives. When we move forward with knowledge and understanding, we also move our organizations and communities forward by decreasing stigmas and encouraging everyone to live the healthiest lives possible.

We begin the new year of 2019 with a new health topic - mental health. Why do we want to take this focus as our health topic?



The news releases have many examples of a failure to address mental health issues. How many crimes are committed by a person who could not access care for his delusions? How many are homeless because families cannot understand or are afraid of erratic behavior? How many suffer from the disease of substance abuse because they can't find relief from underlying fears, anxieties, and emotional traumas? How many harm themselves or end their lives because they can find no other relief from internal pain?

**Mental health** is defined by the World Health Organization as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Mental health includes emotional, psychological, and social well-being, affecting how we think, feel, and act. It helps determine how we handle stress, relate to others, and make choices. Many factors contribute to mental health problems, including biological factors, life experiences, family history of mental health problems, and seasonal affective disorder (SAD). Mental health can affect physical health - eating, sleeping, and activity. If you don't have a healthy mental state it will be hard for you to live your life to its fullest extent.

**Mental disorders** are diagnosable illnesses in which thinking processes, mood, or behavior are altered, resulting in distress and inability to function in daily life.

One in four Americans experiences a diagnosable mental disorder in any given year, and many also have a physical health condition. Mental health issues are more common than heart disease, lung disease, and cancer combined. We freely discuss our physical problems, but not mental health. If we develop a cough, we take a medication or visit a doctor. But if there are lingering feelings of worries or a sense of hopelessness, a person may continue along as though nothing is wrong. Too many suffer in silence because negative attitudes or beliefs result in fear, rejection, distrust, discrimination, or avoidance. These may affect areas in their lives such as housing, employment, or relationships. Did you know that in the U.S. and much of the developed world, mental disorders are one of the leading causes of disability?

So why do we want to take on this focus? The answer is because mental health affects ALL of society in some way. We as volunteers in health care can make a difference - learning, understanding, and advocating for actions that provide equity of care for all health issues, the visible (physical) and the invisible (mental).

Tammy Henninger, (920) 639-9322  
CHE Chairperson



## Coffee Shop Introduces Redeeming Card



Hippity-hoppity, spring is here! Our coffee shop is enjoying early sunrises and days full of light. Holiday flavors of coffee are all but a memory, and we are back to making lots of blended iced coffee drinks. We hope we don't wear out our blender!

Word has caught on. Our sales of Amish pies are strong! Each week, we feature cherry pies, along with other various flavors. Other good sellers include blueberry and apple. We are up to carrying 48 pies a week, which is way more than I thought we would sell. Remember, you can use your volunteer meal pass to buy a pie, and man, they are yummy!



We had some tough times in January and February, having to close a few days due to the extreme cold and snow. We are so glad those days are behind us and look forward to spring time temperatures and lots of sunshine. That also means our smoothies will take center stage. We feature four fruity flavors of smoothies, including mixed berry, lemon, strawberry, and blueberry pomegranate. These are such a refreshing treat on a spring day!

Our frequency program is still a hit in our coffee shop. Customers present a stamp card (available at the coffee shop) for either a specialty drink or a cup of coffee, and they receive a stamp on the appropriate card with each drink they purchase. After you buy 10 drinks, the 11<sup>th</sup> drink is free. Also, your redeemed frequency card is put in a drawing for a \$5 coffee shop gift card. Many people use our program, and appreciate the free drink. If you visit our shop on a regular basis, make sure to start a punch card and begin reaping the rewards.

Special thanks to all our expert barista volunteers! Your kindness and dedication are what keep the doors open and the cash register ringing. You all work so hard and donate so much of your time to Bellin and our team. Please know how much I appreciate each and every one of you!

I wish you all the best as we enter this season of new life. Now is the time to watch the birds return, the bees buzzing, and the trees to start budding. It's truly a wonderful time of year and I wish you all the best as you rediscover the beauty around us!

Kim Holmes, 433-3547  
Retail Coordinator

## A Friendly Reminder



The 2019 parking permits are now available in the Volunteer Office. If you have not picked up a 2019 parking permit yet, they are located in the Volunteer Office on the table next to the coffee.

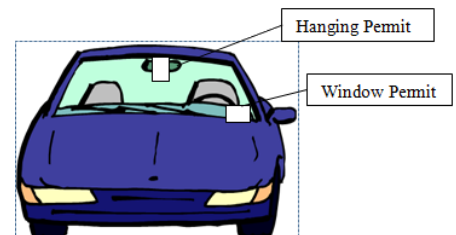
It is important that you display the permit on your front dash when entering the 725 Webster Medical Building parking lot. This helps the parking lot attendant to identify our volunteers.

**Please Note:** The parking permits are only needed by those volunteering at the main hospital.

If you are not sure you will need a parking permit, please contact the Volunteer Office at 433-3697 or 433-3632.

We appreciate your support!

Drew Russo & Dawn McCole



## Spring Infant & Ladies Wear Makes Debut in Gift Shop



Top of the morning to you, as we hop down the bunny trail! It's been a bit since our last publication, and there are a lot of holidays in late winter/early spring. Happy everything to you all! Our Gift Shop is beaming with all kinds of wonderful new spring and summer merchandise. Our staff has been so excited to open boxes and unpack merchandise. It's like a treasure hunt for beautiful new items!

### *Here's a peek at some of our new merchandise in our shop:*

- ❖ Simply Noelle clothing and handbags are featuring the soft colors of the spring season. Shades of coral are featured everywhere, along with yellow, green, blue, and purple. Comfort is the theme, from dresses to pants. Simply Noelle has introduced a new line of clothing called 'Body by Simply Noelle,' and this is comfort at its finest. Soft colors of heathery hues, with tops featuring sporty cut-out designs on the back, the Body line is great for your yoga class, or for a day of running errands. There are also free hanging cardigans to dress up your look. There's a lot to choose from. We hope you come in soon to try some new items on!



- ❖ Attention new parents and grandparents! The "pooper pants" are back in! These cute leggings are a great staple for our shop. They come in two different sizes, and many different patterns and colors for both male and female infants. New patterns this year include the black bear and llama.



The Sidewalk Talk onesies are back in from Pavilion. These onesies are constructed like a baseball jersey, with solid colored arms and white torsos. The best part of all is the sayings that are on the chest. New sayings this year include "Dude, your wife keeps checking me out," and "I'm so cute, Grandma retired to spend all day with me." How can you not smile reading these cute onesies! We also received classic infant clothing from Stephan Baby, featuring sleep sacks and onesies for baby boys and girls. There is a lot to choose from for that new addition to your family. Come check out our baby merchandise today!

- ❖ Our memorial section has grown with new choices of inspirational items for both pet and human loss. Pavilion has come out with a new line, featuring memorial angels for your countertop, as well as, memorial stepping stones and picture frames. The line is called Butterfly Whispers, and features the sentiment, "Butterflies hover and feathers appear, whenever lost loved ones and angels are near." These items would make wonderful gifts or perfect memorial pieces for yourself.



This is just a sampling of the many new items arriving from the Las Vegas Market visit in January. Merchandise will be shipping all year, so we hope you stop by a few times to see what is new and exciting.

Our Gift Shop volunteers are very dedicated to helping the team and shop be successful! I can't say thank you enough to everyone for working your scheduled hours and picking up shifts when you can. Our shop remains open because of all your kindness shared with Bellin and our team. Thank you all!

Temperatures are rising, snow is melting, and hopefully soon our spring bulbs will be popping up in all our yards. Time to enjoy opening windows, hearing birds singing, and making plans for summer vacations. I wish you all the best and appreciate all our Bellin Health volunteers in all roles. We couldn't do it without you!

Kim Holmes, 433-3547  
Retail Coordinator





# Sewers Wanted!



Winter is almost over (we hope), and we are running low on fleece hats. These soft, comfortable hats help to keep our patient's heads warm during this chilly weather. If you enjoy sewing and would like to help, please see the hat instructions below.

To make these hats it is very simple. All you need is at least 1/2 yard of fleece to complete.

Measure the stretchy side of material to the circumference of the size hat you wish to make (*see chart below*). Depending on which type of hat you are making, the length (seam side) will be around 13 to 16 inches long.

***Here is an Example:*** You are making a fringe hat and your material will be 21 inches by 16 inches (add 1 inch to the side seam for seam allowance). After you sew the seam up, you will cut closely to the seam to have a real nice finished edge. You then take 2 inches from one of the ends and bring it up on the same side as your seam. This will be the band. You then sew the band and then again clip closely to the sewn edge. Now, all you have left to do is the other end. Lay the hat down with the seam in the middle of the hat. Take a ruler and make a line across that measures anywhere from 3 1/2 to 4 inches across. This will be your line for the length of fringe. In my fringe hats, I cut the fleece every 1/2 inch. Now you are ready to gather the fringe and tie. Turn the hat right side and gather fringe. What I did so that they look nice, I took and folded in half then brought the side to the center. Where the fringe is, I then folded at an angle the outside into the center. I then grasped the fringe and held in hand. Taking one of the good piece of seam that I cut off, I used to tie the fringe tight. Wrap it around twice and knot twice. Make sure that you do the knotting by the seam where it won't be noticeable.

To make the double fringe (flower appearance), you will make another band at the other end that will be cut. Make sure you don't cut the seam when you are making the fringe. Again, once completed you gather and tie.

To make the plain hat, I still made the fringe and tied, but then cut all the fringe out. You have to make sure when you do the plain hat the fringe is on the inside of the hat. When you cut all the fringe off, continue to cut the fleece closely to make a nice and neat little ball.

***Here are the average head sizes for hats so you have the correct information:***

	<u>Circumference</u>	<u>Crown</u>
Adult Woman	21 to 23 ½ inches	13 to 15 inches
Adult Man	22 to 24 ½ inches	14 to 16 inches

**bellinhealth**

**BEAM**

Bellin Expressive Arts in Medicine

# Thank You Knitters



Winter is on its way out and we now find ourselves with an ample supply of toe caps. These wonderful caps help to keep the feet of patients warm who find themselves wearing a cast during chilly weather.

We wish to thank all of those who responded to our requests for additional toe caps this winter. We now have enough of a supply to last for a while.

Please feel free to check in with us next winter to see if we are once again running short.

Again, thank you to all those who responded and helped to make our patients comfortable during the winter months.



Please contact Volunteer Services at 433-3632 or 433-3697 next winter if you would once again like to help knit.



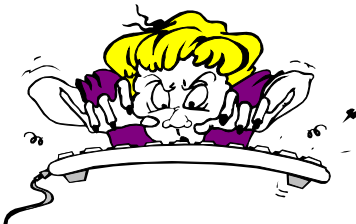
A healthy attitude is contagious,  
but don't wait to catch it from others.  
Be the carrier!



## Bellin Volunteer Deadlines:

- June 15, 2019, for the July 2019 newsletter.
- September 15, 2019, for the October 2019 newsletter.
- December 13, 2019, for the January 2020 newsletter.
- March 15, 2020, for the April 2020 newsletter.

*Anyone can contribute articles!  
(Please mark these dates on your calendar.)*



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## Volunteers...God Bless Them!



Many of us will be shocked to find when the  
day of judgment nears,  
that there's a special place in heaven set aside for volunteers.

Furnished with big recliners, satin couches, and footstools;  
where there's no committee chairman,  
no group leaders, or carpools.

No eager team that needs a coach, no bazaar,  
and no bake sale.

There will be nothing to staple, not one thing to fold or mail.

Telephone lists will be outlawed, but a finger snap will bring cool  
drinks, gourmet dinners, and treats fit for a king.

You ask, "Who'll serve these privileged few  
and work for all they're worth?"

Why, all those who reaped the benefits and  
not once volunteered on earth.



~ Anonymous

# ~ Volunteer Opportunities ~

## *Maternity Security Door Volunteer*

The volunteers in this position are stationed outside the Maternity Unit and are responsible for providing access to the Maternity Unit for both visitors and staff. All volunteers are provided with general training for allowing access through the security door. The general hours for this position are from 8 a.m. to 12 noon or 12 noon to 4 p.m. We are currently in need of help on Fridays.

## *Bellin Expressive Arts in Medicine (B.E.A.M.)*

Bellin's Expressive Arts in Medicine, or BEAM, incorporates art within health care. Located at the Bellin Health Cancer Team at 1580 Commanche Avenue, BEAM offers all visitors the opportunity to work with art through our open art studio, traveling art carts, and weekly workshops. As a BEAM volunteer, you will become a companion to our patients and offer them something to occupy their mind with. Everything is provided to you – we just need your friendly face. The hours are during regular clinic hours between 7:30 a.m. to 5 p.m., Monday through Friday for 2- to 4-hour periods.

Are you a musician? BEAM is also seeking woodwinds, strings, or other musicians/singers that can perform “soft” music at the Bellin Health Cancer Team during the clinic's regular hours.

## *Hospital Support Volunteers*

If you enjoy helping to escort patients and visitors to their final destination here at Bellin, we would like to hear from you. We are currently looking for additional volunteers to help out at the front entrance to the hospital. Hours are available any time from 4:30 a.m. to 6:30 p.m. Monday through Friday (in 4-hour shifts), 7 to 11 a.m. Saturday, and 10 a.m. to 2 pm. Sundays.

## *Dietary Survey Volunteer*

Volunteers are needed to help with nutrition surveys given out to patients in order to gather feedback on the quality of the food served. This is a great opportunity for those who would like to interact with our patients while assisting Food & Nutrition Services. The hours are flexible for this position.

## *Sixth Floor Reception Desk*

We are currently looking for volunteers to help both visitors and patients as they come to the Sixth Floor for surgical procedures. Responsibilities for this position include helping to answer general questions, keep refreshments supplied for visitors, and helping the surgical staff to locate family members. Hours are available Monday through Friday from 7 to 11 a.m. or 11 a.m. to 3 p.m.

## *Digestive Health Greeter*

Digestive Health Services, located on the 3<sup>rd</sup> floor of the 725 Webster Medical Building, has an opportunity for volunteers interested in helping in their area. The general duties consist of greeting patients, monitoring the waiting room area, guiding patients to specific areas within Digestive Health Services, and helping to assist the staff as needed with other duties. The general hours for this position are Monday through Friday from 7 to 11 a.m. This is a wonderful position for anyone interested in working in a clinical environment.



**If you are interested in any of the above opportunities,  
please contact the Volunteer Office at 433-3632 or 433-3697.**



**We look forward to hearing from you.**

# Heartbeat News

## MEETING NOTICE

*The next Concerned Hearts Club meeting will take place on:*

**Sunday, May 5, 2019  
Eddie Whipp's  
5075 State Highway 29, Green Bay**

**Social: 4 p.m. ♦ Dinner: 5 p.m.**

❖ ❖ ❖  
**RESERVATIONS ARE NECESSARY**

❖ ❖ ❖



Call Bernie Miller at (920) 336-3994 or Dixie Tubbs at (920) 494-4754 by **Tuesday, April 30, 2019**, to reserve your spot.

Menu is Family-Style Baked Chicken  
Cost \$10 + tip = \$12 (all cash please)

## PILLOW SEWERS WANTED!

Concerned Hearts is an organization comprised of individuals who either have had treatment for a heart condition or have had a family member treated for a heart condition.

One of the many services they provide is the sewing of the Heart Hugger pillows. A group of volunteers cut, sew, and stuff hundreds of pillow every year for cardiac patients.

Patients hug this pillow as they cough as part of therapy following heart surgery.

The group meets four times a year, usually on a Monday. They are currently looking for volunteers interested in joining their Heart Hugger pillow group and help with the pillow project.

❖ ❖ ❖

Anyone interested may contact the Bellin Volunteer Services Office  
at 433-3697 or 433.3632.



# Straight from the Heart

By Beth Wittlinger

This volunteer story comes straight from the heart—the aortic valve to be exact. In February 1995, a piece of 47-year-old Gary Hucek's aortic valve dislodged from his heart, causing a stroke.

Mary Ellen Hucek, an inventory supply specialist, will never forget the day her husband underwent valve replacement surgery. "Our sons came home for the surgery because none of us knew what to expect," said Mary Ellen. "We didn't know if Gary would live."

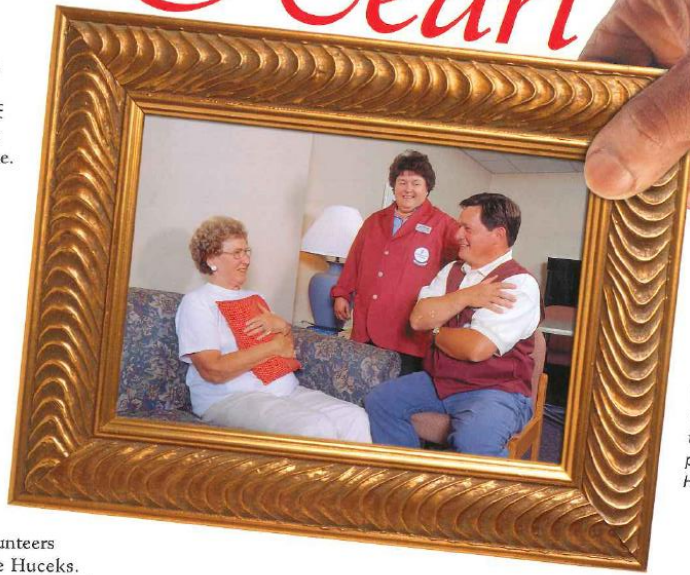
During the surgery, the Huceks found strength in the volunteers from the intensive cardiac care unit in Bellin Hospital. These volunteers did more than just bring coffee, pillows, and blankets; they offered hope.

The volunteers were members of the Concerned Hearts Club (CHC). Through personal experience, CHC volunteers knew firsthand of the perils facing the Huceks.

Shortly after the surgery, Mary Ellen received the words she had been waiting for—Gary's operation had been a success. She hurried to her husband and discovered his room was filled with people. Photographer's flashbulbs popped around Gary's bed; he had broken a hospital record by coming off the respirator after only 12 minutes!

From the emotional turmoil of Gary's surgery to the volunteers' heart-felt kindness, the Huceks left the hospital with more than a fresh lease on life. They had a new mission. Struck by the compassion of the volunteers, Gary and Mary Ellen wanted to do the same for others.

CHC welcomed the Huceks. Gary's story was what other patients and their families needed to hear: He was a living example that heart surgery could be a positive experience.



**PILLOW TALK:** Gary Hucek (right) and volunteer Mary Jane Bublitz (left) demonstrate how to use a heart-hugger pillow while Mary Ellen Hucek (center) looks on.

To become a volunteer, the Huceks received training from both CHC and Bellin Hospital's volunteer program. Mary Ellen and her husband now help at the visitors desk in the intensive cardiac care unit once per month, or as often as their time allows.

Sometimes Gary provides special assistance. "One patient's family was concerned about their son and they said he needed a boost," said Mary Ellen. "He had been through a surgery similar to Gary's. My husband had never met this person, but Gary understood what this young man was feeling and helped him be positive."

Reflecting on the three years since the surgery, Mary Ellen and Gary have had much to be grateful for. Each day, the couple celebrates their 28-year marriage; one son married in August; and another son will finish college next summer. ♦



## Happy Spring !!!



# Guide to Better Vision



First of all, it is very important to have regular eye exams for long-term health problems. Early detection means easier and more successful treatments.



Next, does your diet include carrots? This food is high in vitamins A, C, and E and are essential for protecting the health of your retina. Some other foods in this list includes berries, cantaloupe, and mangoes.

It's very important to wear sunglasses with lenses that filter 99% to 100% of ultraviolet A and B rays. They don't have to be designer glasses, but can be gotten over the counter.

Tear-related problems can occur and may create dry spots on the surface of the eyes, which can lead to irritation and reduced vision. Alleviate this by wearing sunglasses also, even in windy conditions with no sun.

