

Aspirus Volunteers -
Medford

February-March 2017
Volume 3, Issue 4



Volunteer Voice

PRESIDENT'S MESSAGE

Well, it's not here yet, but Spring should be around the corner fairly soon. With a new calendar year comes many of our favorite annual events.

Spring Bazaar
Mini Medics
North Central Spring District meeting
Volunteer of the Year
Volunteer Appreciation Week
Officer nominations & elections
Brat Fray

All of our many volunteer events require people to step up and step in to accomplish the tasks. Who are those people? We are. Thank you for what you've already done, are currently doing and will yet do!

Barb Enerson,
Volunteer President

MINI MEDICS CELEBRATES

45 YEARS! What began in 1972 with 12-16 students has grown to reach 8 schools & 220+ students annually.

Volunteers are needed to serve as tour guides. Instruction and pre-tours given. Call Kay Ludwig for details, at 748.5296.



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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Membership Meeting

March 21, at 2:30 p.m.

Valet services available until 4:30 p.m.

Everyone is invited to attend.

Refreshments will be served.

YOUR RESPONSIBILITY
IS TO KNOW & DO:

A.I.D.E.T

A-Acknowledge

I - Introduce yourself to
patients and visitors

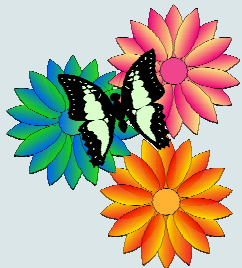
D - Duration: give details
when you can &
"Manage Up" the team.

E - Explanation: Tell them
how great we are!

T - Thank them for
choosing us!

A big thank you to everyone for
the cards and well wishes when
I was healing from my foot
injury. It lifted my spirits.
Thank you much!

Char Drolshagen



WOW! ANOTHER SUCCESSFUL BAZAAR

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

To all those who worked at the Winter Bazaar, a BIG THANK YOU.
It was the best one yet. Our share of the income will be over **\$800.**

Volunteers assisting were: Kay Ludwig, Nancy Potter, Phyllis Born,
Dee Habeck, Isabel Olkives, Agnes Pernsteiner, Dale Ludwig, Louise
Paul, Lorna Chipman, and Char Drolshagen,

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

Mark your calendars for our **Spring Bazaar on April 26th.** More help
will be needed.

Thanks

Liz Emmerich
Bazaar
Chairperson



On February 14th, Volunteers had fun distributing valentine cards & candy to residents.
Of course they received smiles and a few hugs return.

IN THE NEWS: ASPIRUS VOLUNTEERS DONATE IPODS TO MEDICAL UNIT

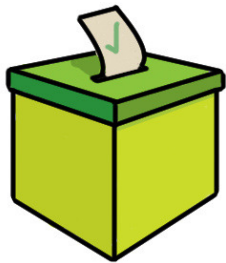


The Apple iPod Touch is now available for use by patients at Aspirus Medford Hospital thanks to the support of the Aspirus Volunteers-Medford.

Music is known to have a profound effect on the body and promotes healing energy. Portable electronic devices, such as the Apple iPod, have become central to today's world and part of new strategies to help patients heal faster.

"Research has proven music can reduce postoperative pain, anxiety, and use of painkillers, and increase overall patient satisfaction," said Jessica Faude, Aspirus Medford Hospital Medical/Surgical manager. "The iPod technology gives patients access to thousands of songs or artists of their personal liking."

Individuals at the gift presentation included (from left): Kay Ludwig, Aspirus Volunteers-Medford president-elect; Jessica Faude, Aspirus Medford Hospital Medical/Surgical manager; Pam Moore, CNA; Hannah Mosentine, CNA; Kathy Henke, RN; Sarah VonLoh, RN; Darla Kloth, RN; and Hannah Brandner, Aspirus volunteer.



NOMINATIONS OPEN

Nominations are being accepted for the offices of President-Elect, Secretary & Treasurer.

A slate of nominees will be presented at the March membership meeting with voting to follow in May.

Contact Kay Ludwig or Char Drolshagen if you would like to nominate someone to serve on the volunteer board.

Volunteers Celebrating Birthdays

March 1 - Barb Enerson

March 1 - Marla Hemke

March 4 - Dixie Noland

March 7 - Char Drolshagen

March 16 - Richa Kiran

March 18 - Phyllis Born

March 18 - Haley Peterson

March 26 - Joe Hiebl

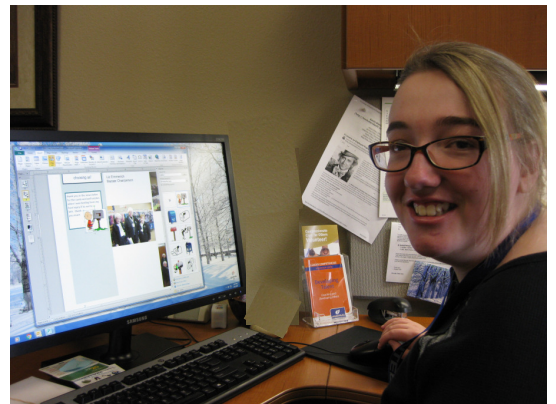
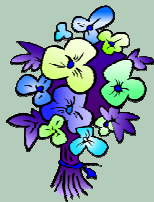
April 8 - Lorna Chipman

April 10 - Sharon Geiger (New!)

April 14 - Pam Schindler-Runge

April 29 - Kay Ludwig

Happy Birthday



Special thanks to volunteer, Haley Peterson, for her assistance with layout and production of this newsletter.

YOUR RESPONSIBILITY IS TO KNOW & DO:

R.A.C.E.

R - Rescue

A - Alarm. Pull fire alarm.
Call Code RED by dialing
2-2-0 and announcing
"Code Red & Location"
three times in a row.

C - Contain/ Confine

E - Extinguish/Evacuate.

**Aspirus
Volunteers-
Medford
officers for
FY16-17:**



Barb Enerson, president
(715.803.6104)

Kay Ludwig, president-elect

Liz Emmerich, secretary

Char Drolshagen, treasurer

Lorna Chipman, Health Educ.

Cyndy Meyer, Public Policy

IF YOU
LAUGH
A LOT,
WHEN YOU GET OLDER
YOUR WRINKLES WILL BE
IN THE RIGHT PLACES.

HE: LAUGHTER—BENEFICIAL TO YOUR HEALTH

Perhaps you are familiar with the adage, "Laughter Is The Best Medicine"? Hopefully you believe it's true. Studies have been done and continue to occur proving the benefits of including laughter in your life. Here are some of the reasons.

1. Is Contagious. As the saying goes, "Laugh and the whole world laughs with you, cry and you cry alone".

2. It is helpful in reducing your stress response. When you laugh muscles in your body contract which increases blood flow and oxygenation which in turn stimulates the lungs and heart which triggers the release of endorphins. This action causes your body to feel more relaxed.



3. Boosts Immunity. One study has shown that laughter triggers an increase in killer cell levels. (A white cell that attacks cancer cells.)

4. Increases Resilience. Laughing at our mistakes increase resilience. Resilience is the ability to view failure as one step closer to success.

5. Fights Depression. Laughing releases neuropeptides and dopamine which improves your mood.

6. Relieves Pain. Allows one to be less bothered by pain, it does not change the level of pain but you become less aware of it.

These all sound like great benefits to your health but how can you increase laughter in your life? Below are listed a few ideas.

1. Read a funny book, watch a funny movie or sitcom or listen to a favorite comedian.

2. Share laughter with friends and family.

3. Spend time with people who have fun.

4. Practice laughter yoga.

5. Life is funny. Laugh at yourself. Become more aware of the funny moments in your life.

6. Be aware of what is funny. Laughing with someone is healthy, laughing at someone is not.

7. If all else fails practice laughing on your own at home or when driving. Soon it will become a natural response to funny moments in your life. You'll discover that you feel better and have a more positive outlook on life.

Laugh Often,
Lorna Chipman, HE Chair

Sources
Web MD, The Chopra Center,
Mayo Clinic Health Letter

The most wasted
of all days
is the one
without
Laughter
E.E. Cummings



PPE: HEAT MEMBERSHIP

Winter Greetings Public Policy Fans – Aspirus Medford!! Not liking this new snow, but I guess it is only early March!

It's been a few months now since the U.S. Presidential election, hope you have been keeping up on all the political issues! Can be fun, but very challenging . . . at times I am keeping my fingers crossed, sometimes I bite my tongue, I may cheer, I may roll my eyes, and even say a few prayers! Whatever your political preferences, stay informed, and get involved when you can! That's what an Advocate does, publicly recommend or support a particular cause or policy.

Are you already an Advocate or want to be one? You can become a HEAT member (**Hospitals Education & Advocacy Team**). This is the Partners of Wisconsin Hospital Association's FREE program for us to get involved in and have a voice in making sure WI hospitals are heard by legislators in Madison and Washington, D.C. You would receive fact sheets and Alerts from WHA by e-mail on issues of importance. If you would like more information or want to sign-up, please let me know, my contact number is 715-965-1574. (Look for challenge further on in this article!)

I am truly getting excited about 2017 WHA Advocacy Day in Madison! Another chance to learn to be an advocate for our hospital! Now is the time to get signed up! Do so ASAP with Patti in the Volunteer's Office! It will be on Wednesday, April 19th at Monona Terrace in Madison. We will be going by bus with the Aspirus Wausau Volunteers and there is a consent form that must be signed to ride this bus. No registration fee. There will be snacks and some fun activities for during the bus ride. Highlights will be great food at Monona Terrace, hear Governor Walker speak at lunch time, visit the Capitol building, and visit with our legislators. Featured Speaker is Amy Walter. The legislative agenda we will be promoting includes Medicaid Reimbursement, Behavioral Health, Workforce, and the Opioid Task Force. Should be an outstanding day, please consider joining us for a fun day in Madison!

I am expecting that as HEAT members we will have upcoming opportunities to let our legislators know how we feel about Affordable Care Act and health care changes. It will be important to voice what we want for Wisconsin and what will benefit our small local hospital. So it's a challenge

MARCH IS "STAY WARM, SIGN UP FOR H.E.A.T." MONTH!!

I will be promoting this at the March Membership meeting but you can call myself or Patti anytime! One lucky new H.E.A.T. member will receive a navy blue H.E.A.T. coffee mug! PLEASE consider becoming a member if you have not already done so! I would love to have +75% of our membership on this advocacy team!

Looking ahead for 2017, watch for these Public Policy opportunities:

- Another "Get HEAT'ed Up" Lunch 'n Learn
- Tour Governor's Mansion & Capitol in Madison/Attend Legislative session
- Fall Legislator Visit/Meet Your Legislator here at AMHC

Striving To Be Politically Correct,

Cyndy Meyer, Public Policy Chairperson

RAFFLE



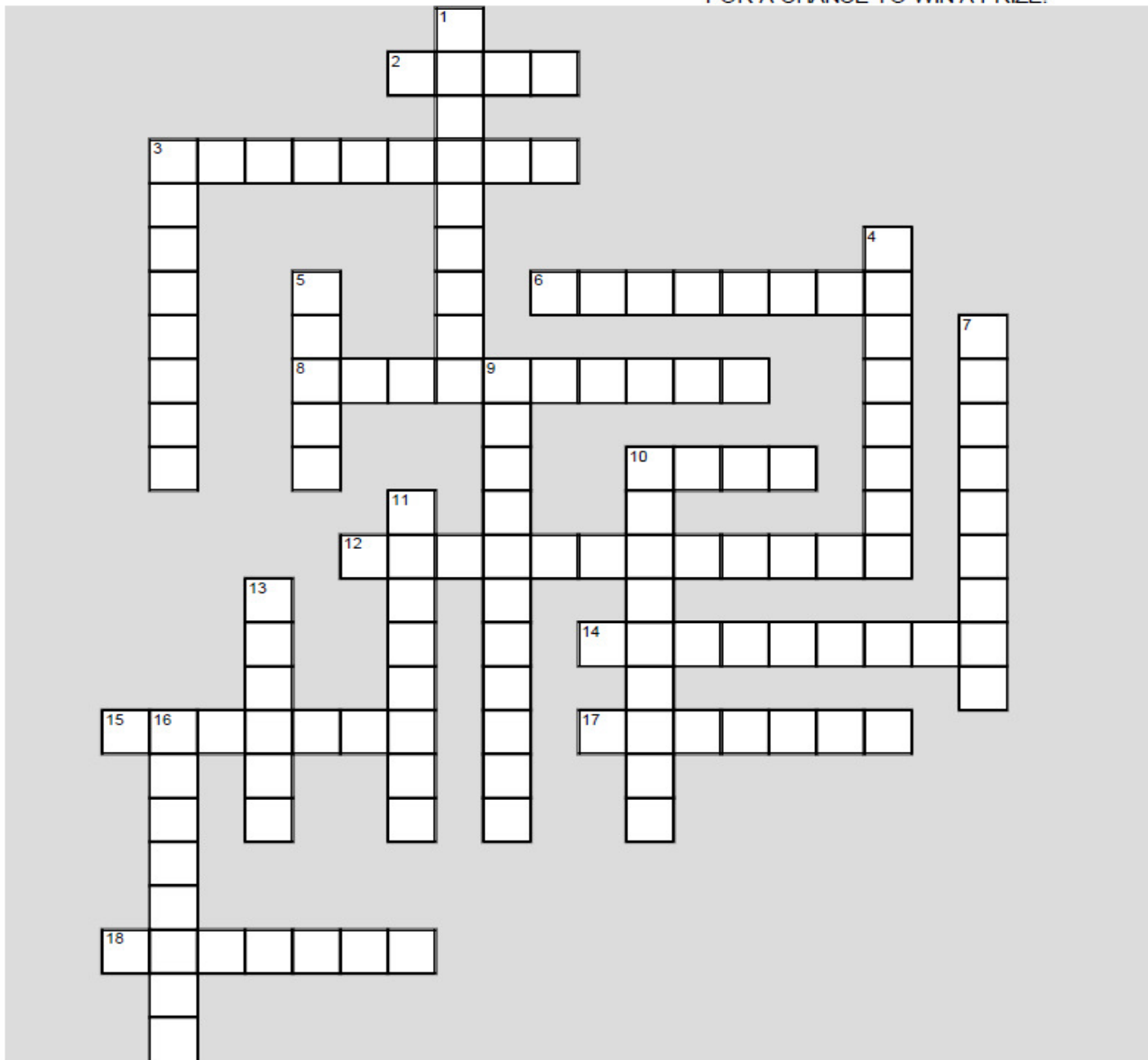
With help from Treasure Chest gifts, Aspirus Volunteers-Medford recently contributed a bird house basket to the Foundation's upcoming basket raffle in March (3/14-3/17), **VOLUNTEERS are wanted** for this event. Easy task of watching room and encouraging bids. Please consider helping. Call 715.748.8789 to sign up. Shifts are short.

ALSO, items are needed for a Partners of WHA district basket. Call an officer if you have something to contribute. Thank you.



PPE FUN

ASPIRUS-MEDFORD VOLUNTEERS
-COMPLETE & BRING TO MARCH MEETING
FOR A CHANCE TO WIN A PRIZE!



Across

- 2 WHA ADVOCACY TEAM
- 3 OUR LEADER
- 6 INSTITUTION PROVIDING MEDICAL TREATMENT
- 8 CALLED "REACHING OUT"- printed quarterly
- 10 VOLUNTEER ORGANIZATION AFFILIATED WITH WI HOSPITALS
- 12 BODY OF PRINCIPLES TO WHICH A GROUP IS GOVERNED
- 14 FREELY OFFER TO DO SOMETHING
- 15 STATE CAPITOL
- 17 OUR HOSPITAL SYSTEM
- 18 BUILDING OF HOUSE & SENATE

Down

- 1 MADE FIRST U.S. FLAG
- 3 PROCESS OF MAKING DECISIONS FOR A COMMUNITY OR VIEW
- 4 SELECTION OF A PERSON FOR OFFICE BY VOTE
- 5 PPE CHAIR
- 7 CITY BARB FILLA, STATE PPR CHAIR LIVES
- 9 ACT OF MAKING OR ENACTING LAWS
- 10 WI SENATOR
- 11 HIS NAME IS WALKER
- 13 WI LEGISLATOR IN HOUSE
- 16 PUBLIC SUPPORT OR RECOMMENDATION OF A CAUSE OR POLICY