



NEW Volunteer Opportunities

Several new volunteer opportunities have been established in response to identified needs. All are meaningful ways to interact and support the patients and visitors of Howard Young Medical Center.

Comfort Cart Mon-Fri A small token of comfort can make a significant difference in a patient or visitor's day. Volunteers maintain supplies on a mobile cart and go around throughout the hospital, greeting patients and visitors, providing a smile and a simple gift from the cart that brings comfort to those in need of a bit of cheer.

Escort/Patient Transport Mon-Fri Volunteers provide a happy welcome or departure for those that are challenged with getting from point A to point B. Some appreciate a friendly escort/walk with someone familiar with the hospital or being transported to their destination in a wheelchair. When not transporting patients, ensuring wheel chairs are accessible and clean is an essential function to ensure safe transport.



Music Therapy Mon-Fri Another form of art known to enhance the healing experience is music therapy. If you have an instrumental or vocal gift, consider performing in designated patient care areas and bring the joy and relaxation of music to the patients of Howard Young Medical Center during their hospital stay.

If you or someone you know has an interest, please contact the Volunteer Services Coordinator at 715-356-8677 for more information.

Meet the Newest Members of our Volunteer Team!

Please join me in welcoming our new volunteers and thanking them for giving of their valuable time to our organization!

Kathy Viergutz, Volunteer Coordinator



Beth Hassler –
Beth is restarting
our music therapy
program



Taylor Baine –
Taylor is
joining the HELP
team



Joann Joost –
Joann is
joining the HELP
team



Membership Report

Kim Gillis, Membership Chair

Membership Total = 158
Active = 121
Eucharistic Non Supporter = 1
Life = 7
Life Active = 3
Patron = 25
Became active 01/01/2019 to current = 9

WHA Partners
North Central District Fall Conference

Mental Wellness
Reaching Out With a Kind Heart

Guest Speaker:
Jessica Schiek, MS LPC
Regional Director
Ascension Koller Behavioral Health

Tuesday • September 17, 2019
8:30 a.m.-2:30 p.m.

The Waters
Conference Center
8116 US Hwy 51 South
Minocqua, Wisconsin

Save the Date - Plan to Attend!

Details and Registration
information to follow

Hosted by the
Volunteers of
Howard Young Medical Center
Ascension Wisconsin

**WHA Partners North Central District
Fall Conference**

Tuesday September 17, 2019
8:30 a.m. – 2:30 p.m.

The Waters Conference Center
8116 US Hwy 51 South
Minocqua, Wisconsin

The fall conference theme is
*Mental Wellness - Reaching out with a
Kind Heart.*

Guest Speaker is Jessica Schiek who is the
Regional Director of Ascension Koller St.
Mary's Behavioral Health.

The title of her presentation is
“Mental Health and My Community”.
She will be including some information
about the stigma of mental health disorders
and how we can help as a community.

This conference is being hosted by
the Volunteers of
Howard Young Medical Center.

PLEASE SAVE THE DATE!

**June 12 Auxiliary Recognition and Awards
Luncheon**

The annual recognition and awards luncheon, hosted by the Howard Young Hospital administration, will be held at the White Tail Inn in Saint Germain on Wednesday, June 12. The meet-and-greet hour will begin at 11:00 with table seating by 12:00. After an official welcome and prayer, lunch will be served starting at 12:20. The awards presentation will take place from 1:30 to 2:00. See you there!



Community Health and Education - **May is Mental Health Awareness Month**

Contributed by Joan Hauer, CHE Chair

Mental Health is a broad term that refers to an individual's emotional well-being. Conditions that negatively impact an individual's mental health are treatable and recovery is possible.

Mental illnesses impact thousands of persons each year. People often ask why. While researchers have long studied the causes, there is no clear evidence that shows why some people are affected and others not. **Some factors known to contribute to mental illness include:**

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health problems

Signs and symptoms: Like a physical health condition, recognizing and seeking treatment for a mental health condition at the onset of signs and symptoms leads to more positive outcomes. These feelings and behaviors include:

Eating and sleeping too much or too little

Avoiding people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Feeling helpless or hopeless

Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared

Experiencing severe mood swings that cause problems in relationships

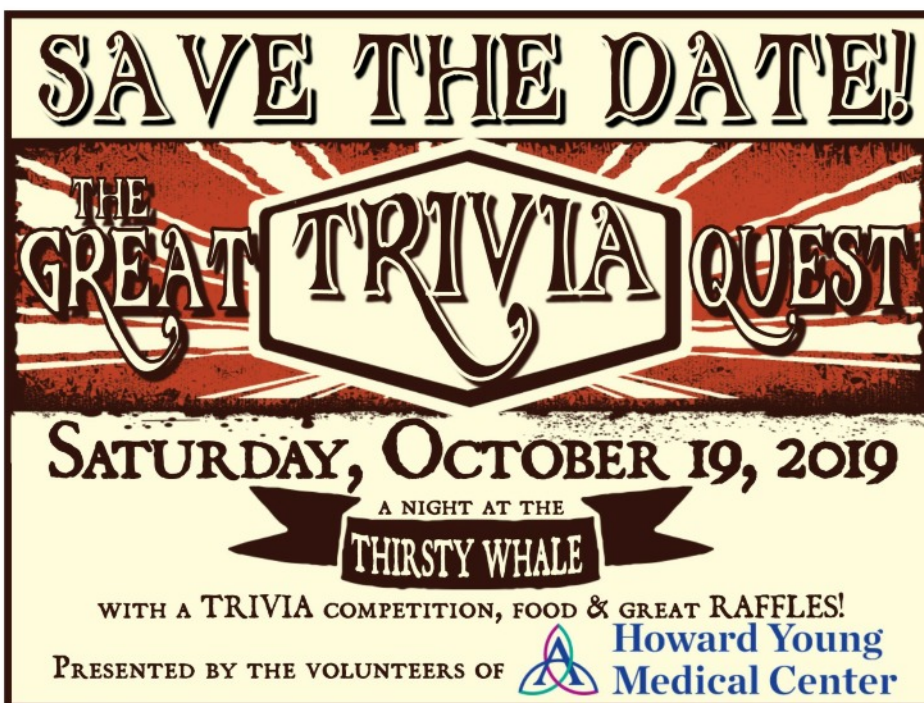
Hearing voices or believing things that are not true

Thinking of harming yourself or others

It is important to talk about your emotional and social well-being with your primary care doctor, another health professional or other trusted resource in your community.

Treatment works and recovery is possible. In future newsletters, services available in the area, and the gaps that are present, will be discussed. Professionals in the area will be asked their opinions and observations on the current status of accessible services.

Information for this article was obtained from the state Department of Health website.



FUN!

FUN!

FUN!

**Trivia for ALL
ages!**

**This is our Major
Fundraiser and great
fun for everyone!
Please join the party
and bring a crowd!**



June

Susan Loos
Deanne Ruesch
Janet Bolger
Beverly Collier
Nancy Bloch
Clarence Izydorski
Renee Morris
Taylor Baine
Theresa Howard
Thomas Thompson
Susan Cunliffe-Owen

July

Claire Martin
Penny Samuelson
Jean Neumann
Elizabeth Klotz
Marcelline Ahmann
Janet Beitz
Velta Anast
Lois Assmann
Eilene Dybvad
Ruth Steinke
Barbara Peterson
Eunice Ann Denning
Diane Gustafson
Connie Brunke
Gracee Vickerstaff
Judith Nelson
Barbara Schjoneman
Evette Danielak
Sharry Wuest
Mary Krull
Webb Southwick

August

Michael Heppie
Barbara Ann Hesse
Kim King
Constance Madden
Joan Hauer
Ruth Ann Casadonte
Barbara Huntley
Maggie Szostak
James Travis
Marilyn Colianni
Frances Sabick



Sunshine Needed?

Please contact Bev Collier if you know one of our members who might need a little "Sunshine".

Bev can be reached at 715-356-0029 or email her at junebc@frontier.com.



SAVE THE DATE

June 12th VHYMC Recognition Luncheon, White Tail Inn, St. Germain

September 17th North Central District Fall Meeting, The Waters Convention Center, Minocqua **Being hosted by your volunteer organization**

October 19th Third Annual Great Trivia Quest, The Thirsty Whale, Minocqua

Heartbeat is published by the
Volunteers of Howard Young Medical Center
Woodruff, Wisconsin
Katie Grundy, Editor
Email: heartbeat.ahymc@gmail.com



Areas in need of Volunteer Services

If interested, please contact
Kathy Viergutz, Volunteer Services
Coordinator at 715-356-8677.

Gift Shop Cashier – Shifts are 10:00 am – 2:00 PM

Greeters – Monticello and Entrance D openings, please check with Kathy V for availability

HELP – Extremely flexible and rewarding volunteer opportunity, contact Kathy for more information.

Leadership Team & Board of Directors – Please give some thought to taking on a more active role in the leadership and operations side of the volunteer organization. It is a great opportunity to learn more about the organization, meet other members from your organization and other volunteer organizations as well. It is a way for you to be assured that the organization will continue to function and serve the hospital and community. Please contact Kathy if you would like to know more or have an interest.

Nominating Committee – Committee Chair, this individual would be a member of the VHYMC Board of Directors. They would pick their team members and would be responsible to assist with filling vacant positions within the volunteer leadership team and board of directors.

Public Policy Education – Committee Chair, this individual would be a member of the VHYMC Board of Directors and would be an advocate and champion for communication within the volunteer organization to discuss and report on health-related legislation that is pending and how it will affect our hospital.

Watch for a couple of new opportunities being developed – Birthing Center Volunteer, Music Therapy, Comfort Cart and Escort/Patient Transport. **See front page for more information.**