

BELLINTEER

A Quarterly Publication for Volunteers of Bellin Hospital

Volume XXI - Issue 4

April 2020

A Message From Your Volunteer Staff



The month of April celebrates **National Volunteer Week**. This year it is the week of April 19th and once again affords us an opportunity to extend our sincere gratitude to each of you.

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 have so many volunteers to help support our health care system. Our volunteer population donates more than 2,000 hours a month. This is a true accomplishment!



**Remember that the happiest people
are not those getting more,
but those giving more.**



We also appreciate your continued support as we move through the new construction of the hospital.

In addition, we want to thank all of our Volunteers for their patience as we move through the ever-changing coronavirus issues.

Due to the many necessary changes happening here at Bellin at this time, our Volunteer Office has been relocated. For now, you may contact Dawn at 433-3697 or Drew at 433-3632 if you should have any questions.

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.



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



Dawn McCole, 433-3697
Volunteer Coordinator



Drew Russo, 433-3632
Volunteer Coordinator

HERE IS WHAT BELLIN HEALTH WANTS YOU TO KNOW AND DO ABOUT THE COVID-19 CORONAVIRUS:



ABOUT THE COVID-19 CORONAVIRUS:

- It is a variation of the common cold virus and the way to combat it involves the same tactics as preventing a cold. What is different is there is no natural human immunity.
- Early reports suggest that 80% of all cases are mild.
- It is spread via contaminated surfaces and close physical contact with an infected person via droplets.
- People who are at greater risk for severe illness are:
 - Over age 60
 - Individuals with a history of diabetes, cardiac or respiratory problems
 - Individuals with compromised immune systems from other diseases
- Visiting a community where the virus exists does not mean you need testing. Testing will be determined in consultation with your healthcare provider.
- Treatment for the virus is to treat symptoms. There are no specific antibiotics to treat or cure the virus.



HOW TO PROTECT YOURSELF AND YOUR COMMUNITY:

- Frequent handwashing with soap and water for 20 seconds.
- Sneeze and cough into the crook of your arm or cover your mouth and nose with a tissue.
- Avoid public gatherings and spaces. Stay home when you can.
- Postpone visiting someone who is at risk (the elderly, someone known to be ill).
- Do not travel.
- Use household cleaning products to wash frequently touched objects like doorknobs, light switches, desks, keyboards, etc.



TAKE ACTION:

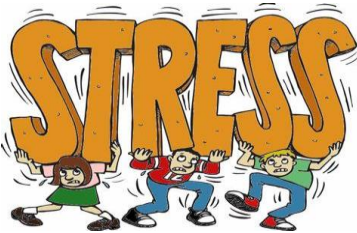
- Call your doctor's office or conduct an e-visit or video visit if:
 - You are in a high-risk category, with symptoms, or you have known close exposure to someone affected by the virus. Symptoms include:
 - Fever above 100.4 degrees
 - Cough
 - Shortness of breath
 - Sore throat in some cases
 - Conduct an e-visit or video visit via <http://www.mybellinhealth.org> or your MyChart phone app (Learn more about e-visits at www.bellin.org/virtualvisits)
- Your provider will likely recommend that you treat your symptoms with:
 - Pain relievers
 - Appropriate over-the-counter cold and flu products
 - Rest
 - Maintain your fluid intake
- Go to the Emergency Department if you have difficulty breathing, chest pain or if you are feeling very ill.
- For more information call Bellin Telehealth at (920) 445-7313 or visit bellin.org/covid19.



Community Health Education Report

Have you ever felt jittery before speaking to a group of people? Did your mouth feel dry when you sat in the dentist's chair? Or how about when you took your driver's test - were your hands sweating? These are all examples of a little anxiety, which helps you cope with challenges or stressors.

Occasional anxiety is healthy and a normal part of life. However, if you have an **anxiety disorder**, this normally helpful feeling can disrupt your life. Anxiety disorders aren't just a case of the nerves, they're illnesses.



Anxiety disorders are real. They're the most common group of mental illnesses and medical conditions. These disorders affect about 40 million people overall, and up to 20% of Americans each year (this could be a low estimate due to lack of treatment). Too much anxiety can be paralyzing with fear and worry.

Estimates suggest anxiety disorders affect 1 in 8 children and 1 in 12 teens. Unfortunately, it's often overlooked or misunderstood. Myths about anxiety in kids often mean that they don't get the help they need. Excessive anxiety can cripple a teenager's functioning, have a damaging impact on the routines of daily life in school, as well as in developing friendships and intimate relationships, and undermine their lives going forward. Young people are particularly vulnerable to anxiety as they transition into adulthood. Tragically, a young person with an anxiety disorder may drop out of school, abuse drugs or alcohol, and may attempt or commit suicide.

Anxiety can be related to some underlying conditions. These may include generalized anxiety disorder (GAD), obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), or social anxiety disorder (SAD, also called social phobia). These are usually treated with psychotherapy and/or medications.

Anxiety is not always related to an underlying condition. It may be caused by stress - from work, school, personal relationships, or a chronic or serious medical condition, emotional trauma, financial concerns, major event, side effect of certain medications, and alcohol or drug use.

Self-care steps may be helpful in some less serious episodes. Learn what triggers your anxiety and alleviate it. Exercise daily. Maintain a positive attitude. Get enough sleep. Eat a well-balanced diet. Practice relaxation techniques, such as yoga. Stop smoking or consumption of caffeinated drinks.

See a doctor if you notice the anxiety is interfering with daily tasks, the anxiety is accompanied by insomnia, or you feel depressed.

See a doctor immediately if you notice suicidal thoughts or are having a panic attack. Anxiety is highly treatable, but many people continue to suffer in silence because it's not easy to talk to your health care provider. This can lead to more serious issues such as depression, and increasing thoughts of suicide, so these will be discussed in future *Bellinteer* issues.

As we continue our health education focus on mental health in 2020, educate yourself and keep informed of the issues that help or hinder our journey for the best mental health. Remember there is no health without mental health. **BEGIN TALKING - AND STOP THE STIGMA!**

Tammy Henninger, (920) 639-9322
CHE Chairperson



Backstreet Espresso is Closed

Backstreet Espresso will be a fond memory as you read this. We have closed down the Laird Lobby location, and have worked hard to move everything out of the old location. Our new shop has wonderful plans, including a new color scheme, updated counters, and food coolers. If all goes as planned, we will have moved the espresso/steaming machine up to the cafeteria, and are making lattes and chocolate lover's drinks for our customers. Airpots of Door County Coffee will return to our menu once we open the new shop. The most exciting news is our new location will face the lobby, making it much easier to find us! We will be right alongside the new Gift Shop, which will be immediately to the left of the Webster Avenue entrance. It will be a big plus to have three retail operations so close together in the lobby! (This includes the new cafeteria, which is also moving to the center lobby area.)



A special thank you to all coffee shop volunteers, who worked the shop through to the last day. You all are so dedicated, working your scheduled shifts, and filling in needs on the calendar. Although it was hectic, everyone focused on the customer in front of them, and remained positive during trying times. I couldn't ask for a finer team of people to work with! Thank you for hanging in there and hanging on!

Here's to good friends, good times, good memories, and good thoughts of new experiences in new surroundings, just around the corner. Thank you all!

Kim Holmes, 433-3547
Retail Coordinator

DID YOU KNOW...

- ✧ A cat has 32 muscles in each ear.
- ✧ A goldfish has a memory span of three seconds.
- ✧ Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- ✧ Almonds are a member of the peach family.
- ✧ A snail can sleep for three years.
- ✧ The winter of 1932 was so cold that Niagara Falls froze completely solid.
- ✧ Winston Churchill was born in a ladies' room during a dance.



The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



New Jewelry Exceeds in Gift Shop Once Again

It's April, which means spring is in the air! Time to crack the windows, and enjoy the fresh smell of all our surroundings. Perhaps you have some daffodils blooming in your yard. The buds on lilac trees are beginning to awaken. It's time for the change of seasons, and it's also time for change at Bellin Hospital.

After a successful Las Vegas Market visit in January, new items are now arriving in our hospital Gift Shop. Our spring/summer jewelry is in from Ethel & Myrtle, and the choices are fabulous! Colors are bright, with lots of yellow, orange, red, and blue. Styles are inspired with a tropical vibe, including fringe and raffia accents. If you like larger pieces, especially necklaces, then this season has what you are looking for. Big baubles are all the rage, whether on a necklace or a pair of earrings. We also have a nice selection of lightweight scarves from Ethel & Myrtle, in assorted colors and patterns. With springtime weather being cooler, scarves are still worn in our region during this time of transition. Be sure to stop by and see all the new eye-catching jewelry pieces in our case!

We also have some new lightweight dresses for the upcoming summer season from Howard's. Choose from a bright orange button-down dress, or a three-quarter length sleeve navy sweater dress with mustard yellow accents. Pair them up with complimentary jewelry pieces from Ethel & Myrtle, and you are all set for that early summer wedding or other event.



The "giving" items are back in stock from Demdaco. This line of items has grown since the release of the original Giving Bear. There are now new items in the line that are also perfect for many different reasons of gift giving. New choices include the Giving Necklace, which features jewel tones such as amethyst and turquoise. The Giving Socks are warm and fuzzy, and come in a variety of soft pastel colors. The Loved Bear and Loved Blanket are brand new, each with a special message for a special circumstance. The new, most exciting part of the line is the addition of men's gift-giving choices, such as slipper socks and warm, soft blankets. You need to stop by and see the entire line of "giving" items, perfect for anyone on your list!

From Alexa's Angels, we have a collection of Cat's Eye Healing Necklaces. Each necklace is crafted of 18K gold plate, and features various colored Cat's Eye stones. The following information can be found on each necklace: *"Cat's Eye is a healing stone that is believed to surround the wearer with positive energy and protection."* The stones come in six different colors, including emerald green, soft pink, and yellow gold. I bet we could all use some positive energy in our lives, making this a great purchase for yourself or that someone special.

I began this article talking about change, and I will end on that note, too. Our new Gift Shop is now being constructed, with wonderful features and new vibes. Our staff is anxious to see the new layout, including the new ways we will be displaying merchandise. I know it will all come together beautifully, and it will feel good to be in a new shop with a prime location. I say a BIG **"Thank You"** to the entire team of volunteers, who are being patient and understanding during a challenging time. Thank you to all for working their shifts and for picking up needs on the schedule. Your caring ways are what keeps both the shop and myself going! Don't lose faith! The end is coming, which means a new beginning is just around the corner. Happy spring!

Kim Holmes, 433-3547
Retail Coordinator



~ Volunteer Opportunities ~

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 Monday through Friday, both in the morning and afternoon.

Heart & Vascular Center Greeter

We are looking for your assistance at the desk located on the 2nd floor entrance to the Heart & Vascular Center near the lobby elevators. Duties would include helping with patient flow and assisting with various projects as needed. We are looking for volunteers to assist with these duties Monday through Friday from 12 noon to 4 p.m.

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.

Service Assistant

Some of the general duties for this opportunity would include restocking the supplies in patient rooms, help to clean equipment, visit with patients, and transport patients via wheelchair. The hours and days of the week are flexible. This is a perfect volunteer opportunity for those interested in a career in medicine and working more closely with our patient population.

Digestive Health Greeter

Digestive Health Services, located on the 3rd 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.

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.

Bellin Health Psychiatric Service Associate

This is a new opportunity for any volunteer interested in a clinical environment. The volunteers in this position will be exposed to a variety of tasks to include escorting patients within the clinic, assisting with deliveries to the departments within the clinic, assembling admission packets, and other clerical duties as needed. Hours are available Monday through Friday from 8 a.m. to 12 noon or 12 noon to 4 or 5 p.m.



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.

BEAM Volunteer Opportunities



Help assemble “Make & Take” art kits for patients at the BEAM Art Studio located in Bellin Health Cancer Team located at 1580 Commanche Avenue, Green Bay. These kits are distributed throughout Bellin Health Cancer Team, Inpatient Rehabilitation Department, and Bellin Hospital, Oconto, and Marinette.

Offer art projects to patients at the Cancer Team while they are receiving infusion and assist with various BEAM projects. Flexible hours Monday-Friday, 8 a.m.-4:30 p.m.

Bring the Art Cart to patients at Bellin Hospital, and offer art projects to patients at no cost. Working with art helps lower patients’ anxiety, and brings them some healing peace and relaxation. Looking for someone Tuesday or Thursday, 1-3 p.m..

Join the BEAM Team today!

Contact Amy Eliason, BEAM Coordinator
(920) 430-4674 ♦ amy.eliason@bellin.org



What Herbs are Medicinal?



- ✘ The gel of the aloe plant applied externally is used for first-degree burns, cuts and abrasions, and wound healing.
- ✘ Four fresh celery stalks per day can be a part of a blood pressure reduction diet.
- ✘ Chamomile tea can be great for digestion, insomnia, nausea, inflammation, and wound healing.
- ✘ Cranberry in the form of whole fruit, raw or jellied; juice; or capsules aid in curing mild urinary tract infections and may even avoid infections if taken daily.
- ✘ Fresh ginger root can help for indigestion, motion sickness, and nausea - capsules and tablets are available also.
- ✘ Rhubarb, whole and cut, can be used for constipation problems on a short-term basis.



A Friendly Reminder



The 2020 parking permits are now available.

If you have not picked up a 2020 parking permit yet, please contact the Volunteer Office and we will be happy to see that you receive one.

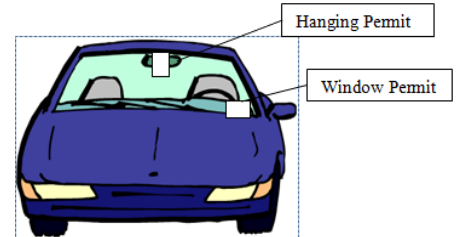
It is important that you display the permit on your front dash when entering the 725 Webster Medical Building parking lot. This helps the parking lot attendant to identify our volunteers.

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



When you were born you were crying and everyone around you was smiling.
Live life so that when you die you are smiling and everyone around you is crying.

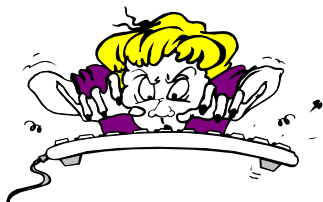
~ Author Unknown



Bellinter Deadlines

- June 15, 2020, for the July 2020 newsletter.
- September 15, 2020, for the October 2020 newsletter.
- December 13, 2020, for the January 2021 newsletter.
- March 15, 2021, for the April 2021 newsletter.

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



Kay Lyndahl, (920) 746-5122 (summer); (813) 633-6624 (winter)
Editor, e-mail: kaylyndahl@gmail.com

A Little Humor

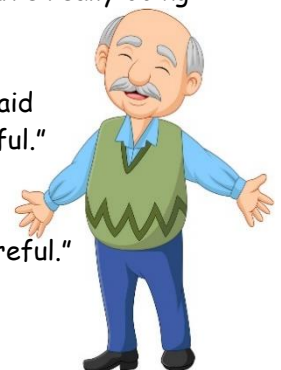


A 92-year-old man went to the doctor to get a physical. A few days later, the doctor saw the man walking down the street with a gorgeous young lady on his arm.

A couple of days later, when the old man had an appointment with the doctor again, the doc said, "You're really doing great, aren't you?"

The man replied, "Just doing what you said doctor, "Get a hot mamma and be cheerful."

The doctor said, "I didn't say that. I said you've got a heart murmur...be careful."



Something New at the Hoberg House!



You are invited to view the beautiful life-size portrait of William Hoberg, located in the foyer of this grand home. The portrait was painted by Sandra Shackelford when William was 99. William and his wife, Katherine, built the home in 1923 and lived in it with their two sons, Harold and Leonard until William's death, August 23, 1983 at the age of 103. After his death, his family donated his life-size portrait to the Neville Museum. Recently, the Neville Museum agreed to loan the portrait to Bellin so a reproduction could be produced for the home. Now, William Hoberg's portrait is back where it belongs. Come and take a look; you will be delighted!

A Bit of History:

William worked with his brother at his father's business, the Hoberg Paper Company since 1912. During World War I, the mill prospered, and in 1920, William was elected Treasurer of the company, but in 1922, it encountered financial troubles and went into receivership. Re-organized in 1923 with outside money, it was renamed the Hoberg Paper and Fibre Company. In 1953, it became the Charmin Paper Mill, with Mr. Hoberg remaining as a Director until the Procter & Gamble Company acquired it in January of 1957.

When Visiting the Hoberg House Please Note:

The front door of the Hoberg House is locked, so either you will have to knock to be admitted or you may call The Bellin Health Foundation office at (920) 433-3731 to make an appointment to visit. You may avoid the outside elements by using the tunnel. Otherwise, you may always enter through the MRI doors and walk through the connection to the Hoberg House.



Heartbeat News

MEETING NOTICE

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

**Sunday, May 3, 2020
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 to reserve your spot.

THE BELLIN HEALTH FOUNDATION SERVES AS FISCAL AGENT

The Bellin Health Foundation serves as the fiscal agent for the Concerned Hearts Club. What does this mean? The Foundation receives documents, recognizes donor gifts, and pays any club expenses. In addition, a monthly financial statement is provided to the Club Board.

The Bellin Health Foundation has an annual financial audit conducted by an independent CPA firm. The 2019 Financial Audit has been reviewed and approved by The Foundation and Bellin Health System Boards.

The audit report is available online at www.bellin.org/bellin_foundation/annual-financial-statements or a hard copy report is available for review at The Bellin Health Foundation, 740 South Van Buren Street, Green Bay, Wisconsin.

Steve Maricque
President, The Bellin Health Foundation



Clever Ideas Worth Knowing



- ❖ Store your opened chunks of cheese in aluminum foil. It will stay fresh longer and not mold!
- ❖ Before you pour sticky substances into a glass measuring cup, fill with hot water. Dump out the water, but don't dry cup. Next, add your ingredients, such as peanut butter, and watch how easily it comes right out.
- ❖ Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- ❖ To get rid of pesky fruit flies, take a small glass, fill it with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever.
- ❖ Peppers with 3 bumps on the bottom are sweeter and better for eating, and peppers with 4 bumps on the bottom are firmer and better for cooking.
- ❖ Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.