

# Aspirus Volunteer Newsletter

Winter 2023



## Update From Yo Voigt Director of Volunteers & Guest Services

Hello volunteers.

**It's 2023...let's make this a YEAR OF CONTENTMENT**

What are your thoughts for the new year. I found a poem by Dawn Anderson and thought it was perfect.

*YEAR OF CONTENTMENT*

*Contentment lives inside in the quiet reaches of knowing, that old knowing, in our bones.*

*Contentment lives in Nature  
knowing the birds sing.*

*I, too, sing my song of little joys.  
A new year to see from a perch of  
contentment.*

*Believe it and see it,  
see it everywhere.*

*Contentment in the face of a sleeping babe, a snowy sunrise, a belly laugh,  
the transition of a loved one.*

*Contentment is in the daily mundane and life-event passages.*

*In this new year, use words of Contentment, of celebration, of love.*

*Emulate Contentment to help others find theirs.*

*Love thyself.*

*Love our blessed world for here is where we dwell,  
the untrodden path within,*

*CONTENTMENT*



Blessings to you in the new year, and thank you for all your help in 2022.

We are looking forward to a new year of having more volunteers back, and more events happening.

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- Updates from:
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- Volunteer Hours
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- Hospice House & Seasons of Life Updates
- Volunteers in Action
- Volunteer Needs ... and More!



**Update From Holly**  
Hospice Volunteer  
Coordinator



I hope your holiday season was spent with the people and things you love the most.

Since our last newsletter, I went deer hunting over Thanksgiving and shot my first 10 point buck on opening morning after sitting in the woods for only an hour. Now I just need to figure out where I am putting my mount when it's finished!

I am happy to welcome a few new faces to our Hospice Volunteer team. Please welcome Kathy Wunsch, Mario Duwe, Maria Esker, Nancy Meyer-Emerick, Penny Miller, Kelli McDonald (with Therapy Cat Gracie), Amber Branton, Jeff Schlatterer, and Rich Rajchel. I hope you all enjoy your volunteer experience with us.

I just sent out Hospice Evaluations for everyone to fill out and send back in. This is a yearly requirement through Joint Commission and the State. Please let me know if you have any questions.

Have a wonderful and safe winter season!

Holly Aschbrenner  
Hospice Volunteer Coordinator  
715-581-0315

**Update From Susan**  
Lifeline Coordinator

Ten Thousand 'baby boomers' turn 65 every day. By 2030 all baby boomers will be 65 or older.

Consider these statistics:

- \* One third of adults aged 65 and older fall each year.
- \* Most falls in older adults occur in the home.
- \* More that 20-30% of falls in older adults result in serious injury such as hip fracture or head injury.

**Baby Boomer**  
*[bā-bē bū-mā]*  
A term used to describe a person who was born between 1946 and 1964

**Lifeline facts: The Lifeline landline service costs \$25-\$38 per month, and Lifeline cellular service costs \$41-\$56 per month with a \$35 installation fee. There are no hidden costs, no long-term contracts.**

This Fall, Aspirus Lifeline will be celebrating our 40th Anniversary as a Lifeline Personal Response service provider.

Also, thank you to the Town of Texas Lions Club for their generous donation of \$500.00.

Susan Prael, Lifeline Coordinator  
Aspirus Wausau Hospital  
Susan.Prael@Aspirus.org  
715-847-2781

**Update From Mary**

Volunteer Administrative Coordinator



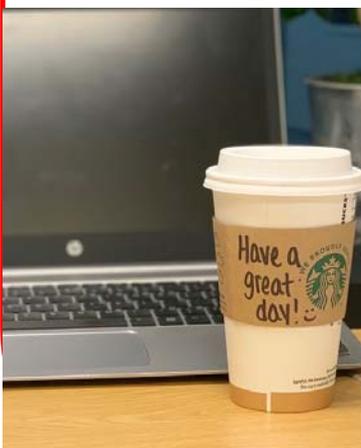
*'Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.'* Martin Luther King, Jr.

As we celebrate Martin Luther King, Jr. and his extraordinary life this month, we celebrate each and every one of you who embody ... a heart full of grace and a soul generated by love. Thank you for being such an inspiration. May the good you do return to you a hundredfold.

Mary Dobeck  
715-847-2848



Update From Sammie  
Coffee & Gift Shop Supervisor



If you have a Gift Shop coupon from your birthday, you can now bring it in and shop the newly renovated Gift Shop, even if it has an old expiration date on it!   
Happy Birthday!!

# Volunteers in Action - Volunteer Hours

**DON'T FORGET** – Please turn in your hours every month to keep your records up to date. Thanks for all you do!

We recognize and thank these volunteers for reaching these milestone service achievements!

**100 Hours**

Curtis Barthel  
Jim Okraszewski  
Marty Patrickus  
Gary Spranger

**200 Hours**

Nancy Fischer  
Patti Koehler  
Stella Lonsdorf  
Tom McCool  
Monica Schreiner  
Carol Steidinger  
Trish Woller  
Chris Zaglifa

**300 Hours**

Tom Daman  
Mary Ann Dykes  
Kay Meyer  
Ken Molaska  
Kitty Switlick  
Pat Zywicki

**400 Hours**

Connie Michlig  
Ann Wicklund

**500 Hours**

Sue Aho  
George Brahos  
Marge Snippen

**600 Hours**

Mary Jo Litterski  
Clark Loeffel

**700 Hours**

Cindy Kleinstick

**800 Hours**

Connie Dobbratz  
Jeff Raasch  
Laurie Reinhart  
Mary Ventzke

**900 Hours**

Jane Blick  
Jerry Fochs  
Steve Hessel

**1,000 Hours**

Roger Aho  
Dawn Merriam

**1,500 Hours**

Jean Richards

**2,000 Hours**

Susan Gau-Krueger  
Betty Sadogierski

**2,500 Hours**

Margie Bosio  
Jeanette Brandt  
Jeanette Carlson  
Bonnie Koelsch  
Gary Zastrow

**3,000 Hours**

Reese Aarthun

**3,500 Hours**

Ann Brandt  
Mary Fochs  
Ann Goetsch  
Marlene Schnelle

**5,000 Hours**

Jan Molaska

**7,500 Hours**

Gerri Loy

**8,000 Hours**

Enid Krueger

**9,500 Hours**

Joan Campbell

**10,000 Hours**

Nancy Zastrow

**10,500 Hours**

Dolly Feira

**17,500 Hours**

Lee Borneman

**Volunteer**

**50 Hours**

Emily Jacobson

## PACARs Needed

To volunteer as a Catholic Eucharistic Minister, known as a PACAR, (PASToral CARE Representative), is an important volunteer ministry and has been in continuous operation (apart from the pandemic) since at least 2006.

Catholics with previous parish experience in lay eucharistic ministry are warmly invited to become part of this important ministry. Volunteers with no prior experience should first contact their parish priest to formally become a lay eucharistic minister. Full orientation and training to the hospital environment will be given. Prospective PACARs are encouraged to sign-up for a regular single morning or afternoon, Monday-Friday.

Catholic Ministry is under the care of Aspirus Staff Chaplain, Denise Visconte, MAPS, MACS, BCC NACC (Board Certified with the National Association of Catholic Chaplains). Denise is readily available to help PACARs with their training and ongoing support needs. Denise is married and regularly attends Church of the Resurrection in Wausau.

Volunteer, Maureen Cotter, with Denise.



Dave Martin has returned to eucharistic ministry as a PACAR volunteer.



## Aspirus Family House Update

The Aspirus Family House is looking for volunteers to make meals/soups during the week (everyday but Wednesday night). Please contact the house to drop off meals. This has been a big hit at the House for families to grab a warm meal after visiting loved ones in the hospital. If you have questions or wish to sign up, please call the Family House at 715-847-2548.

In addition, as you can imagine, keeping the Family House stocked with basic necessities requires a lot of donated supplies and support from the community. Right now, there is a need for toilet paper, hand soap, Lysol spray disinfectant, individual snacks, and coffee K-cups for the Keurig machine.

*\*For health and safety concerns, we ask that all donated items be new, unopened, and unexpired.*

**GIFT CARDS:** The Family House also requests the following Wausau area gift cards: grocery stores, gas stations & department stores. For more information about the Family House or to make a donation online, visit [aspirus.org/familyhouse](http://aspirus.org/familyhouse) or email [ahf@aspirus.org](mailto:ahf@aspirus.org)

**In lieu of items, you can also make a tax-deductible financial donation.** Please make checks payable to the Aspirus Health Foundation & simply put 'Family House wish list' on memo line.



## Hospice House/ Seasons of Life Update

The holiday season has been a busy time for the houses! At the Wausau Hospice House, our volunteer, Reese Aarthun, put together a delicious spread for the patients and families on New Years Eve with the help of Enid Krueger, Ann Brandt, and Sarah Lonsdorf. We also added a new volunteer, Kelli, with her Pet Therapy Cat named Gracie. The patients have been LOVING Gracie and visiting with Kelli!

Seasons of Life (SOL) has two contract workers and is now fully staffed. And, thank you SOL volunteers for coming in and helping whenever needed, even with the low number of patients. Your time is very much appreciated!



## Thank you Knitters/Sewers/Crocheters!

A very heartfelt thank you to all the Volunteer Knitters/Quilters/Crocheters/Sewers and our community! The Aspirus Birthing Center, NICU, Palliative Care Unit, and Hospice departments appreciate the time and talent that goes into making caps, booties, critters, prayer shawls, and blankets. For new parents, this is a very special touch of compassion and care. The nursing staff enjoy presenting patients with these gifts. It is Aspirus Volunteers that make that possible. Happy knitting, quilting, crocheting, and sewing to all!



Duane Askew was feeling festive on the EZ Rider.

Lisa Jacobson stepped in to help on the EZ Rider.



Aspirus Volunteers put together donations for donation to the Festival of Trees.

Courtney helping at the Day Surgery Desk.



Monica Schreiner helping in the Cancer Center Infusion Area.



Michelle and Therapy Dog, Scout, out visiting patients.



Jeff Raasch trained Cindy Kleinstick in Heart Waiting Room.

Tracie Barthel trained Kathy Lenard on the Comfort Cart.



## Help Needed

### Rainbow's End Day Camp for Children with Special Needs

Summer must be just around the corner because plans have started for Rainbow's End Day Camp to return in 2023! After a couple of years on hiatus due to the pandemic, it's gonna be better than ever!

Each year we look for exceptional youth volunteers to pair with campers with special needs to assist them with various activities like games, swimming, art projects, and many more fun activities. This year's camp runs **July 17-21 and July 24-28**. Volunteers must be at least 14 years old.

Apply online at [aspirus.org/become-a-volunteer](https://aspirus.org/become-a-volunteer).

And BONUS—For those entering their senior year of high school with plans to go on to college, hours volunteered at Rainbow's End Camp will count towards the hourly minimum of 30 hours to be eligible for a \$500 Aspirus Volunteers scholarship.



### *In Memorium*

**Irene Igers (1932-1922)**

Irene volunteered for 24 years in many departments throughout the hospital and hospice, including the Patient Registration desk where she could be found delivering flowers, mail and working on special projects. Irene retired from volunteering in 2018.



### **Festival of Trees**

The Festival of Trees marked its 25th anniversary year in 2022 and was a huge success because of the support of our community, donors, and dozens of volunteers who helped raise almost \$200,000 to support the Aspirus Family House and Aspirus Comfort Care and Hospice Services, including two community bedrooms at the Aspirus Hospice House for patients with identified financial need.

Guests viewed over 100 holiday trees, wreaths, mantels and specialty items which were donated by people in our community for raffle and silent auction.

**Thank you to all who supported the Aspirus Health Foundation and Festival of Trees!**



## Volunteer Needs

If you have completed your return packet and given proof of vaccine, please consider helping with the following needs:

### Aspirus Wausau Hospital:

*Food Service:* Tuesday-Friday 11am-1:30pm

*Palliative Care Unit (PCU):* Monday-Friday 8am-12pm

*Starbucks:* New Hours starting Dec.—open until 5pm (usually 2 hour time slot)

*Gift Shop:* Looking for volunteers interested in being a cashier at the Gift Shop

Mondays 1p-3p, Tuesdays 1p-3p, Wednesdays 1p-3p, Thursdays 1p-3p, Friday 1p-3p

Mondays 3p-5p, Tuesdays 3p-5p, Wednesdays 3p-5p, Thursdays 3p-5p, Friday 3p-5p

*Cancer Center:* Monday, Tuesday, Thursday 12-4pm, Fridays 8am-12pm & 12-4pm

*EZ Rider:* Mondays & Fridays 12-4pm, Tuesdays and Fridays 8am-12pm (\*Some restrictions may apply)

*Day Surgery Waiting Room\* (HIGH NEED):* Wednesdays & Thursdays 8am-12pm & 12-4pm,

Monday-Friday 4-6pm

\*Waiting room opportunities serve as the liaison for families waiting for surgery.

*Mobile Meals:* Sunday-Thursday afternoons/evenings after 2pm for about 1½ -2 hrs.

*Transport:* Monday-Friday 11:45am-2pm

*Organizational Learning:* Every Tuesday 9:30-11:30am

### Hospice House - Wausau:

*Weekend Meal Help (HIGH NEED):* Saturday and Sunday from 8-10am, noon-2pm, 4:30pm-6pm

Help organize Quilt closets.

DOG PET THERAPY – Anyone interested in bringing their certified dog to visit residents.

Visiting with patients at any time is welcome.

### Seasons Of Life - Woodruff:

Holidays: Prepare meal, decorate, and visit with patients on holidays.

### Aspirus Family House (HIGH NEED):

Wednesday, Thursday, and Fridays AM help from 9 or 10 to 12ish to assist in cleaning and making beds.

*Bring in cooked meals like soups or casseroles is always welcome!*

### Hospice Homecare Volunteers:

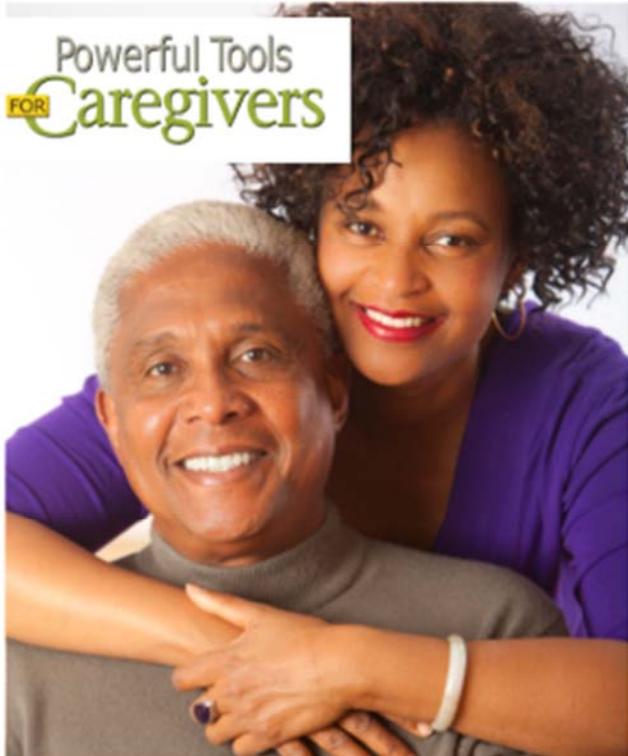
We're always looking for more homecare volunteers to sit with patients either at home or in facilities once a week for about an hour to socialize, read to, do activities with, or sit with so family can have a break. If you are interested in becoming a homecare visitor, please reach out to Holly Aschbrenner.

**We look forward to seeing you!**

Please call: Yo at 715-847-2846, Mary at 715-847-2471, or Holly at 715-581-0315.

All volunteers,  
please continue to wear your masks while volunteering!





Powerful Tools  
FOR Caregivers

**I don't think of myself as a caregiver.**  
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

Virtual - Every Wednesday from  
January 11, 2023 through  
February 15, 2023  
(1:00 - 2:45pm)

The virtual class requires access to the internet, along with a computer, tablet, or smart phone.

{If interested in using ADRC technology, please inquire}

Please call 1-888-486-9545 for questions or to sign up.

# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

**What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



# Stepping On

for falls prevention

*Stepping On is a 7-week group program to help you learn ways to avoid falls, stay independent, and keep doing the things you love.*

## You'll learn:

- To identify and remove or avoid fall hazards.
- Adaptable strength and balance exercises.
- How vision, hearing, medication, footwear, strength, and balance affect your risk of falling.

### Stepping On is for older adults who:

- Have fallen in the past year even if not injured or have a fear of falling.
- Live at home or an independent apartment.

### Stepping On is NOT designed for older adults who:

- Use a walker indoors or a wheelchair full-time.
- Have dementia or cognitive impairment.

**Tuesdays from 9:30-11:30 a.m.**

**Feb. 7 - March 21\***

**at SAFER Fire Station**

224225 Hummingbird Rd, Rib Mountain

*Participants attend ALL 7 sessions.*

*\*If a session date is cancelled due to weather, it will be made up on March 28.*

**To register, call ADRC:**

**1-888-486-9545**



The number of older adult falls occurring annually throughout Wisconsin and even within Marathon County are incredibly high. And, did you know that Wisconsin ranks #1 in deaths related to falls? *Stepping On* is a fall prevention program that addresses the top reasons for falls. The program focuses on:

- ⇒ Strength and balance exercises (Guest speaker: Physical Therapist)
- ⇒ Medication and their fall risk (Guest speaker: Pharmacist)
- ⇒ Vision (Guest speaker: Optometrist)
- ⇒ In-home and community safety (Guest speaker: Police & Fire)