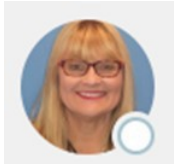


Aspirus Volunteer Newsletter

Spring 2023



Update From Yo Voigt Director of Volunteer & Guest Services

Hello Aspirus Volunteers!

I have started to do ROUNDING on patients at the hospital. Aspirus has asked leaders to check in on patients to inquire on their safety and comfort. We ask for suggestions to help better serve them and to see if they have any feedback to share during or after their stay.

I take along a prayer shawl and ask if they would like one. This is a great way to share another important project that so many of our volunteers help with. I am happy to share with you that our patients love to receive these. If I go back on another day, and the same patient is still here, I often see the prayer shawl spread over their bed while they are sleeping - and all patients get to take these home with them.

This is just another wonderful way our volunteers spread joy here at Aspirus. Thank you to our volunteers who make these handmade items.

**As an Aspirus leader,
your well-being is
important to me.**

I check on patients for their safety and comfort. If you have any questions or feedback you want to share during or after your stay, please feel free to contact me.



aspirus.org

I am so proud to be here working with all our returning volunteers. It's so good to see you back. THANK YOU FOR YOUR PASSION FOR EXCELLENCE & COMPASSION FOR PEOPLE.

In 2022:

161 Adult volunteers and 5 Teens are back. They donated over 21,071 hours which represents a value of over \$631,000 in contributed service.

In This Issue:

- Update from Yo
- Updates from the Volunteer Coordinators
- Update from Lifeline
- Updates from Coffee & Gift Shops
- Fun Activity & Facts
- Family House Updates
- Hospice House & Seasons of Life Updates
- Volunteers in Action
- Volunteer Needs
- ... and More!



Update From Holly

Hospice Volunteer
Coordinator

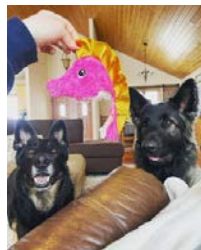
Happy first days of Spring! Although, with all this snow, I'm not sure it feels much like spring yet.

Springtime for me means getting my garden plans in order and starting to plant seeds indoors. I'm also usually getting baby chicks by the end of March, but with our travel plans I will be putting off both for now.

Some upcoming dates ... I will be on vacation March 27-31 for our honeymoon in Tennessee (finally!!) and April 14th for a concert in Milwaukee.

We have some new volunteers to welcome since the last newsletter. Please welcome Anita Stahl, Barb Jennison, and Aimee Glaser. Pet Therapy volunteers, Maggie, Finley, and Scout are all new to the Hospice House as well ... and they bring their owners too! 😊

Holly Aschbrenner
Hospice Volunteer Coordinator



Update From Susan

Lifeline Coordinator

The Unseen Causes of Falls:

When a fall occurs, it's not always the throw rug that's to blame.

Sometimes older adults fall because of lost muscle tone and strength that's a natural part of aging. Other times, a fall is a complication from an existing condition like COPD, or the result of a stroke or heart attack, or even a consequence of medication errors. Knowing more about the causes of falls helps you anticipate your needs more effectively.

Approximately one third of seniors who live at home fall at least once a year. Most of these falls happen when an older adult with a physical or medical condition encounters something like stairs, electrical cords, ice, and snow - even a ringing phone.

If you know of someone that would benefit from having a Lifeline unit, please call 715-847-2781.

For more information, call or click this QR code.



Susan Prael
Lifeline Coordinator

Update From Mary

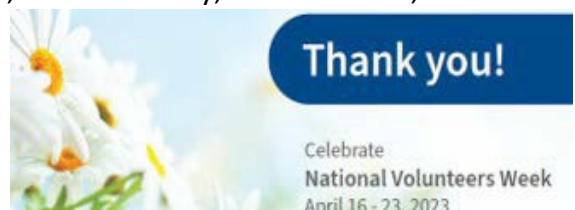
Volunteer Administrative Coordinator

Happy Spring Everyone! I saw my first robin of the season this last week. It won't be long now, and the snow will be gone, and the greenery will start to bloom. We can only hope, right?!?!

Spring makes us start thinking about getting out more to enjoy the activities that we've missed during the winter months. On that note, watch for your Celebrate Volunteer Week card and Spring Volunteer Appreciation Banquet invitation going out next month to active volunteers. YES, IT'S TRUE, we will be having an in-person banquet again this year! Hurray! With Covid restrictions, it's been a long time in coming ... am I right??? Looking forward to seeing you all there.

Aspirus welcomes our newest hospital volunteers: Tarek Scott, Charisma Obry, Tara Jaramillo, Ron Knitter and Madison Vandergeest. We are so happy that you're here!

Mary Dobeck
Volunteer Administrative Coordinator





Update From Sammie

Coffee & Gift Shop Supervisor

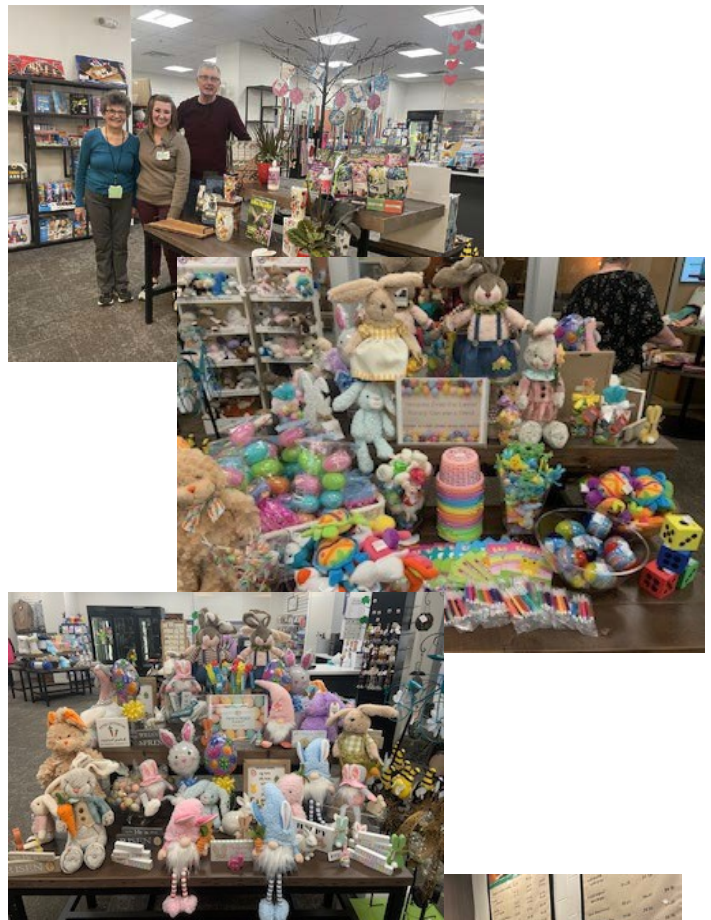
Coffee Shop:

- Our new Barista, Koko, started with us on March 6th! Welcome Koko! Stop in and say Hello...
- New Coffee Shop hours starting March 28th!
Monday, Tuesday, Friday 6:30am-2:30pm;
Wednesday & Thursday 6:30am-5pm.

Gift Shop:

- Shifts are available at the Gift Shop if you are interested in volunteering weekly, or even just occasionally.
- We will be looking for more help in the summer months.

Spring has arrived at the Gift Shop!
Come check it out with your coupon found in
this newsletter!



If you have any Gift Shop coupons from your birthday, you can now bring them in and shop the newly renovated Gift Shop!

Happy Birthday to
you all!



Koko is our new 0.8 FTE
barista in the Coffee Shop!



10 Best Spring Foods:

1. Aruqula – Rich in Vitamins A, K, and folate, plus chlorophyll, fiber, and even water. These leafy greens help reduce inflammation while also hydrating and detoxifying your body.
2. Artichokes – Rich in folic acid, vitamin C, B-complex vitamins, and many minerals. Helps reduce cholesterol, ensure healthy pregnancy, reduce free radicals, and ensure optimal metabolic cell function.
3. Asparagus – Abundant in vitamin K, copper, selenium, B vitamins, and many others. Helps improve overall health.
4. Beets – Their deep and juicy color lets you know they're great for blood and circulation. Lowers blood pressure, boosts your stamina, and supports detoxification.
5. Carrots – Rich in vitamin A and other antioxidants, is great for maintaining healthy hair, skin, and nails.
6. Mint – Contains an antioxidant called rosmarinic acid which relieves seasonal allergy symptoms and soothes an upset stomach.
7. Spring Peas – Contain vitamins C and K, and several B vitamins, plus manganese, phosphorus, and protein.
8. Strawberries – Top 5 sources of antioxidant-rich fruit in US. Can help balance sugar and support immunity health cell renewal.
9. Spring Onions – Contain polyphenols and flavonoids which help in disease prevention and reducing oxidative stress. Natural antihistamines and antibacterial and antifungal properties.
10. Radishes – Great detoxifier. Removes waste and toxins from stomach and liver.

<https://www.elizabethrider.com/spring-foods/>

Art and Nature Tidbits Think Spring

M V L K N N X P T F K L O O G K N W W L
 Q H U L K T L Q F A E B K V H W I K I W
 W K V X F J R U B T U W O B N I A R H B
 R S X C A O X H A T C H L I N G T B U K
 S P J P F E C N A R G A R F N G V T M Z
 H I W J N H E F L H M S J I B R T S O G
 O L O R N V G N W Y M M N G A E Y Z A V
 W U D M U V G A B R E K G L R F A H Q Y
 E T A J H Y R L W E G E Z F B J Y P R X
 R Y E M R M O A V N X Q L H E G G E N D
 S R M H T S U A I I G I U T C N N F E F
 Y P W H S I M L M H E S Z P U E X R U P
 S K U O A Y D Z W S K E H M E G G R B P
 P P M V X E C X M N L K P R G Q D U V U
 D S V C E T R N Z U Y I G O A K Z F N Z
 T F B S W A U B X S R H K Y J Z Q E P I
 V U G A N B D O C A T E R P I L L A R S
 I R N E D R A G R L D O C N N L F K M A
 X R O B I N W A U P Z S G O O D P Z X O
 Y L J U J B L H B U S M C P N O J P C H

CATERPILLARS
 FRAGRANCE
 BLOSSOMS
 POLLEN
 SHOWERS
 SPROUT
 BUZZING

HIKES
 SEEDLING
 GREENERY
 SUNSHINE
 REJUVENATE
 GARDEN
 WARMTH

MEADOW
 RAINBOW
 BUTTERFLIES
 TULIP
 ROBIN
 HATCHLING
 BARBECUE



Aspirus Family House Update

We invite you, your friends, your group, or small organization to cook at home and bring your meal in or cook here at the Family House. Our house is filled with amazing people going through some type of medical issue. Some are here for just a short stay, but many for 6 and 8 weeks ... and a homemade meal is a little bit of heaven. If you would like to show off those awesome cooking and baking skills, please contact us at 715.847.2548 for more details. Thank you for your kindness in advance! (You supply all ingredients. Please schedule your date at least 2 days in advance).



HIGH NEED ITEMS: Snacks, Lysol disinfectant spray, toilet paper, Ziplock bags (any size), detergent, paper towels, and K-cups.

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

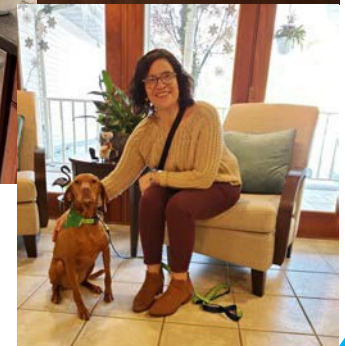
GIFT CARDS: The Family House also requests the following Wausau area gift cards: grocery stores, gas stations, and department stores. For more information about the Family House or to make a donation online, visit aspirus.org/familyhouse or email ahf@aspirus.org.



Hospice House / Seasons of Life Update

The Wausau Hospice House received new garage doors last month, will be getting a “family bar” in the great room for families to grab a drink and snack at, new loveseats have been ordered for each room, and we have had pet therapy coming to visit patients! Thank you to all the new volunteers who have come in to visit and help.

The Woodruff Seasons of Life house has a few new employees while management is still actively recruiting employees to be able to be fully staffed. All 8 rooms are now filled. Thank you to all the wonderful volunteers in the Northwoods for sticking it out with the staff and patients as they try to get more help.



ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME

#VOLUNTEER

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, blankets, etc., etc. For patients, 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!





St. John Lutheran Church and School
 164923 Co Rd. Z
 Wausau, WI 54403
 www.stjohnofwausau.org
*"Igniting hearts and minds through living,
 Loving, and learning in Christ"*



Rev. John Stransky, Pastor
 Mr. Jerry Jiter, Principal
 Mrs. Mary Jo Prahl, Administr



Greetings to Aspirus Nurses, CNAs and Staff from St. John Lutheran School!

St. John is a preschool through eighth grade Lutheran Church Missouri Synod Accredited School located in Easton. We celebrated "Making Disciples for Life" during our National Lutheran Schools Week, January 22-27. During Lutheran Schools Week we participated in many fun activities to celebrate, including a service project to thank you, the heroes who have been on the frontlines continuing to keep our community healthy. Using a Thrivent Action Team grant we have put together a treat basket for your unit break room. Please enjoy a treat, confident that there are students in Easton praying for you and appreciating your dedication, as you continue the difficult job you do with such compassion every day!

God's Blessings!

St. John Lutheran School Students

Alice

Bryant

Fiona

Luke Derek Lydia Lorelei Jane & alexis
 Tristan Bryce Eli Joseph Tucker
 Kaydence Paxton Audrey Bella
 Annabelle Jaedyn alex mason warren
 Levi Nolan Elisha Lukas
 Gage Reuben Bexley Briella
 Miles Paul

What's a Volunteer Worth???

As of April 18, 2022, according to the independent sector, the current estimated national value of each volunteer hour is \$29.95.

This is a 4.9% increase from 2020-2021.



Congrats to one of our Hospice Homecare Volunteers, Paige Boruch (on left), who received a scholarship through the Aspirus Scholars Program which connects medical students to Aspirus.

Cuddler's Spotlight



Terry Carroll (pictured) started volunteering in the NICU as a Cuddler in 2012, right when the program started.

Terry said "My children are grown. My grandchildren are grown. But the desire to hold a newborn, to snuggle and feel the warmth in return, is still as strong as ever. One afternoon a week I work with a newborn in need of some love. Being a parent with a baby in the NICU isn't easy.

They may live far away, they may have other children at home. That's where Cuddlers come in to help sit and love their baby. I can't think of a better way to show I care."

Here is what two other Cuddlers had to say about their experience:

Marta Stephenson said "I enjoy my time in the NICU as a Cuddler. I am scheduled Tuesdays in the afternoon. I'm always disappointed when I am not needed."

Allie Acridge said "Things are going well. The nurses and CNAs in the NICU are amazing. Everyone is so friendly. I love this role so much. I'm glad I have the opportunity to do this."

If you are 19 years or older, and would like to volunteer in the NICU as a Cuddler, the next training is scheduled for April 17. Training is held in Spring and Fall. Contact the hospital volunteer office today if interested.

In Memory Of:



Gary Zastrow

June 1946 – January 2023

Gary served 26 years as a bereavement volunteer helping create the Wings program with wife, Nan.



Arlene Loeffel

June 1931 – February 2023

Arlene served 14 years as a volunteer helping in many areas of the hospital.



Elaine Rybarczyk

April 1930 – March 2023

Elaine served 31 years as a volunteer mainly at the Patient Registration Desk.

Volunteer Needs

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

Coffee Shop: Monday, Tuesday, Friday 6:30a-2:30pm; Wednesday & Thursday 6:30a-5pm (usually a 2 hour time slot)

Gift Shop: We are looking for volunteers interested in being a cashier at the Gift Shop.

Mondays 1pm-3pm, Tuesdays 1pm-3pm, Wednesdays 1pm-3pm, Thursdays 1pm-3p, Fridays 1p-3p;

Mondays 3pm-5pm, Tuesdays 3pm-5pm, Wednesdays 3pm-5pm, Thursdays 3pm-5pm, Fridays 3p-5p

Cancer Center: Monday, Tuesday, Thursdays 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 & Noon-4pm,

Monday-Friday 4pm-6pm (Waiting room volunteers serve as liaison for waiting families.)

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

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 10am to Noonish to assist with cleaning and making beds. *Bring in cooked meals like soups or casseroles is always welcome!*

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.

All on-site volunteers, please continue to wear you masks while volunteering!



We look forward to seeing you soon!

Please call with any questions:

Yo at 715-847-2846,

Mary at 715-847-2848, or

Holly at 715-581-0315

Managing Caregiver Stress

Providing care for a loved one can be rewarding but caregivers can also experience stress, guilt and frustration
(Managing Caregiver Stress is adapted from the Powerful Tools curriculum).



**Join us for a one hour session on Thursday March 30, 2023.
Registration is required.**

Antigo, Marshfield, Wausau

ADRC-CW offices

10:00-11:00 am

Merrill and Wisconsin Rapids

ADRC-CW offices

2:00-3:00 pm

Both programs will be offered virtually as well.



888-486-9545

WWW.ADRC-CW.ORG