

Advancing Health...

Caring for People

Thank You!

FALL 2014

Your Gifts Help Children Flourish

Let your imagination take you back to your childhood...Now, imagine that you are attending a summer day camp where you are surrounded by other children and teenagers. Some children are just like you, and some children are not like you at all.

But that doesn't matter, because you are at Rainbow's End Day Camp for Children with Special Needs. Here, the world welcomes you exactly as you are...with privileges and responsibilities that are the same for everyone.

Rainbow's End is held annually and made possible through your donations to the Aspirus Health Foundation. The camp is offered in two week-long sessions in July and pairs campers between the ages of 5-12 with volunteer counselors who spend the week bonding and participating in activities like swimming, arts, crafts, and music. On the final day of camp, families attend a special award ceremony where counselors present campers with medals and share stories about their campers' favorite activities.

Spenser Marting volunteered as a counselor for this year's camp. He stated, "This is my first time volunteering for Rainbow's End. I didn't quite know what to expect, but my experience has been wonderful. I really enjoyed getting to know my camper and the other counselors. Rainbow's End is a great program, and the one-on-one interaction between the campers and counselors is great."

Spenser's sister, Laurel, also attended Rainbow's End as a camper. When we asked Laurel what she liked most about camp, said

she liked "riding the horses, swimming, and having fun!"

She also met three new friends on family day, Ellie and Maggie Woller and Haylie Kluz. They shared that their favorite thing about visiting camp was "playing with Laurel and becoming her friend."

Children with special needs often have limited opportunities to interact socially, but for at least one week each year, Rainbow's End Day Camp allows them to flourish and build lasting friendships, just like the friendships Spenser, Laurel, Ellie, Maggie, and Haylie developed.

Thank you for helping make this experience possible for campers, counselors, and families!

*Thanks to you,
children with
special needs
experience
camp, on their
own terms.*



Pictured above (front left to right, Maggie Woller, Laurel Marting, Ellie Woller and back left to right, Spenser Marting and Haylie Kluz)

Gifts Honor Your Heroes and Help People In Our Community



Pictured above: Left to right, Darrell Lentz, Peggy Jaeger, Kalynn Pempek, Lisa Nowicki, Michelle Bell, Rebecca Cournaya, and Carla Bahr. (Heroes not pictured include David Thomaschefskey and Chelsea Clark.)

Patients and their families often choose to show gratitude for the care and compassion they received, in a tangible way through the Aspirus Hero program.

Recently, the family of Marilyn Beyer, made a gift in honor of the nurses who cared for Marilyn during her stay on the Surgical Care Unit at Aspirus Wausau Hospital.

Darrel Lentz, President of Aspirus Wausau Hospital, participated in a surprise celebration of the Beyer's Heroes. He shared the Beyer's kind words about how each nurse touched their lives, and he echoed their thanks for the clinical excellence and compassion these nurses provide each and every day.

Following is an excerpt from the family's letter to their heroes:

This note is an enormous thank you for your exceptional care, in addition to the beautiful compassion & kindness you expressed to us...

You provided friendly, cheerful and loving care at all hours of the day and night... You gave us excellent care, with a calm demeanor and a kind heart while in the SCU.

Thank you, The Beyer Family

The Beyer's gift was used, along with other gifts from our community, to support health initiatives in our community. One of the initiatives is a unique program called "Snow Bumps for Kids." In an effort to provide children with the opportunity to develop active outdoor habits, the Central Cross Country Ski Association partnered with the Wausau School District and Aspirus Health Foundation to create and groom snow bumps in the playgrounds at Thomas Jefferson, South Mountain, and Stettin Elementary schools.

Pictured below: Children enjoy cross country skiing at school during recess.



*Thanks to you, children are developing
active lifestyle habits.*

Custom skis that fit over kids' winter boots were designed and purchased, along with adaptive sit-skis for kids with disabilities.

Volunteers introduced the kids to skiing during recess and after-school ski classes, and as a result, several

families took up skiing as a new outdoor activity. The Snow Bumps initiative will be expanded to additional schools this winter.

MAIL TO THE ASPIRUS HEALTH FOUNDATION | 425 PINE RIDGE BLVD, WAUSAU, WI 54401

***YES, I would like to make a donation
and name my Aspirus Hero.***

My Aspirus Hero: _____

Department: _____

My Story: _____

My Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

☐ Enclosed is my tax-deductible gift of \$ _____

(Checks are made payable to Aspirus Health Foundation)

Please charge my: ☐ MasterCard ☐ Visa ☐ Discover

Card Number: _____

Exp. Date: _____ Security Code: _____ (3-digit)

Signature: _____

Phone Number: _____

☐ Please remove my name from the Aspirus Health Foundation mailing list.

Gifts Help People Recover and Reclaim Their Lives

On October 27, 2012, a mother's greatest fear came true for Jody McLaughlin. Her daughter, Brianna, age 20 at the time, was involved in a tragic automobile accident and was in critical condition at Aspirus Wausau Hospital with a traumatic brain injury.

"Brianna received excellent care in the Intensive Care Unit at Aspirus," said her mother Jody. "We camped out in the ICU family waiting room for three weeks, where we met Dr. Margaret Anderson. Brianna's rehab started in the ICU, and everybody was wonderful.

Because Brianna was in a non-medically induced coma, she was transferred to a specialized acute care hospital in Milwaukee which promotes recovery from critical and complex medical and surgical conditions. She spent nearly three months there. When Brianna was able to breathe without a ventilator she then was transferred to a second hospital in Milwaukee to receive care through a coma stimulation program for the next three months.

Once she had started to come out of a coma, she transferred to a brain injury rehab center to continue her recovery. Now, 23 months after her accident, she is living at home in the Town of Maine. Her mother knew it would be a long recovery process, and she is grateful for her daughter's determination and her sister's and family's help. Brianna's Aunt Jill is a key factor in her success. She said, "Brianna works hard every single day. Goals are important, and we're not giving her the option to recover any less than 100%." The phrase, "Suck it up Buttercup" has become a common expression between Jody and her daughter. Brianna has graduated from a wheel chair to a walker, and the next steps are walking and then living on her own.

"Brianna used to barrel race horses, form pottery, do photography, and just have fun...like all 20 year old girls should." This summer her family made sure she participated in social activities, such as going to the Concerts on the Square, Woodchucks baseball games, Equine Therapy and kayaking through the Aspirus Adaptive Adventures program. Social connections with peers are very important to recovery, and the McLaughlin's are thankful for the Adaptive Adventures program which was developed by Dr. Anderson and her inpatient Rehab team and supported through donations from people in our community.

"Adaptive Adventurers began about three years ago with the goal of providing community resources, networking and recreation participation opportunities for people with adaptive needs," Danae Norton, Recreational Therapist, explained. "The group promotes physical activity, peer-to-peer support, adjustment to disability, and activities that help fulfill the adventurous spirit!"



Pictured to the left: Brianna McLaughlin gives a "thumbs" up after her kayak adventure on the Wisconsin River at the Adaptive Adventures Kayaking event on June 26, 2014.

*Dr. Margaret Anderson
calls me her miracle girl!*

“Some of the gatherings we have had include curling, kayaking, guest speakers, and meeting to talk about personal adventure experiences,” Danae shared.

“We have an amazing group of participants who travel from as far as Green Bay and Madison to share their knowledge and skills as well as learn new skills. The participants are really proving to be the experts, and use their experiences and abilities to help inform and support their peers. Several of our participants have been living with their injuries for decades, so they are the best resources to share adaptive techniques, accessible recreation opportunities, and adaptive equipment.”

Brianna is thankful for many people. Mostly, she is grateful for her mom and stated, “She’s been helping me through everything, and I wouldn’t be here today without her. She moved my hands, arms, legs, and feet, every two hours while I was in a coma. Under the Motherly Contract, I tell my mom that “she MUST love me!” She has been my biggest advocate, and I am thankful for her.”

Jody acknowledged that, “I have a whole new respect and heightened awareness for people with disabilities and special needs, and a whole new appreciation for the people who care for and support people during rehabilitation.” She truly is our Miracle Girl!

*Pictured to the right:
Brianna McLaughlin, her mother,
Jody, and brother, James.*



Gifts Help Kids Build Healthy Brains

Jan and Ken Molaska were recently blessed with their first grandchild, Sophia, on July 26, 2014. As a way to celebrate their daughter and son-in-law's first baby, they made a donation to the Aspirus Health Foundation to help support a program called, Reach Out and Read.

Reach Out and Read is a program which trains and equips physicians with books to use during well-child visits between ages 6 months to 5 years to assess children's cognitive development and introduce parents to the importance of reading to their children. This program has proven to prepare children to succeed in school and life.

The Molaska's daughter, Dr. Wendy Molaska McClelland, is a family medicine physician in Platteville, Wisconsin, who serves on the Advisory Council for the Wisconsin Coalition of Reach out and Read. When Wendy learned that Aspirus would be implementing the Reach Out and Read program, she was thrilled that more children throughout Wisconsin would be served.

Jan and Ken know that community support helps make the program possible, so a donation to the Reach Out and Read program was a natural choice and special gift for them.



*Thanks to you, kids
will have a better
chance at success in life!*

Pictured above: Keith McClelland, Dr. Wendy Molaska, Ken Molaska, Jan Molaska, and granddaughter Sophia Molaska McClelland.

If you are interested in making a gift to the Aspirus Reach Out and Read program in honor of a special person or occasion, please return the giving card below. For more information about the program, contact ahf@aspirus.org.

PLEASE RETURN THE GIVING CARD BELOW

YES, I would like to make a donation to support the Reach Out and Read program for children and families at Aspirus!

My Name _____

Address _____

City _____ State _____ Zip _____

☐ Enclosed is my tax-deductible gift of \$ _____
(Checks are made payable to Aspirus Health Foundation.)

- ☐ \$25 supports 1 child...for the 5 year program
- ☐ \$75 supports 3 children...
- ☐ \$125 supports 5 children...
- ☐ Other amount \$ _____

Please charge my: ☐ MC ☐ Visa ☐ Discover

Card Number _____

Exp. Date (MM/YYYY) _____ Security Code _____

Signature _____

Phone Number _____

☐ My gift is in honor/memory of (*print name*) _____

☐ Please send notification of my gift to (*print name*) _____

Mail to the Aspirus Health Foundation, 425 Pine Ridge Boulevard, Suite F1, Wausau, WI 54401

Gifts Give Clothing and Dignity to Patients



Imagine how it must feel to have your clothes cut off at a hospital or clinic because you are badly injured, and cutting your clothes is necessary for medical care. You'd probably feel exposed and vulnerable and may even worry how you're going to get home without clothes. That's why our employees felt they had to do something to help!

As part of the Employees In Phi•lan•thro•py giving campaign, a special pie contest and sale were held to raise

funds to create a Compassion Closet at Aspirus to help patients in need of clothing upon discharge from Aspirus.

Thank you to our employees at Aspirus for donating over \$27,000 to support patients and families at Aspirus and people in our community!

Pictured below: Brenda Schumacher is presented a blue ribbon for her winning pie recipe from Vicki LaPorte of the Employees In Phi•lan•thro•py Committee.

2014 Employees in PHI-LAN-THRO-PY Pie Baking Contest First Place Entry ~ Submitted by: Brenda Schumacher

Employees help patients through fun pie-themed giving campaign.

Spinach & Italian Sausage Pie

From the kitchen of Brenda Schumacher

(Yields one double crust pie)

- | | |
|---|---|
| • 1 lb. bulk Italian sausage | Directions: |
| • (2) 10oz. packages of frozen chopped spinach (thawed and drained) | • Brown & drain sausage - set aside. |
| • 2/3 cup part skim Ricotta | • Separate one egg - set yolk aside. |
| • 1/8 teaspoon black pepper | • In a large bowl mix the following ingredients together: eggs, spinach, Mozzarella, Ricotta, garlic, and pepper. |
| • 6 eggs – Reserve 1 yolk | • Stir in sausage. |
| • 2 cups shredded Mozzarella | • Line 9" or 10" pie plate with crust; fill with mixture, top with other crust. |
| • 1/2 teaspoon minced garlic | • Cut slits in top crust, brush with reserved egg yolk. |
| • 1 pinch cayenne | • Bake at 375 for 1 1/4 hours. |
| • 1 Pie Crust (Pillsbury works well) | |



Thank You

The Aspirus Health Foundation regards your charitable gifts as vote of confidence in our mission. We could not advance health for our friends and neighbors in north central Wisconsin without your help.

Thank YOU and more than 3,000 donors and volunteers for partnering with us to support the healing environment at Aspirus and make health initiatives possible for our community.

Enclosed with this issue of your newsletter is a Partners in Health giving envelope. Please consider a gift to an area that you care about today. Or, tuck this envelope away for a special occasion, like someone's birthday, marriage, anniversary, etc., when you'd like to honor someone you care about by making a gift in their honor or memory.

Contact us at 847.2470 or ahf@aspirus.org if you'd like to learn more about special giving opportunities.



HEALTH FOUNDATION

333 Pine Ridge Boulevard
Wausau, WI 54401
715.847.2470
aspirus.org/foundation

Calendar of Events

Show your support for the Aspirus Health Foundation and our community partners by attending any of a number of special events, or get involved by joining a planning committee, donating an auction item, or sponsoring an event. For more information, please visit aspirus.org/foundation, call 715.847.2470, or email ahf@aspirus.org.



October 17, 2014

Disco Cures Cancer to support cancer care



November 25-30, 2014

Festival of Trees to support hospice



February 13, 2015

RED Event to support heart & vascular care and research



May 9, 2015

Run for Hospice hosted by Fabiano Brothers to support hospice care



August 3, 2015

Aspirus Women's Golf Classic to support women's & children's health

Join Us Online

Please visit our web site to view a list of partners like you who are making a difference and learn more about the programs and people your donations are supporting. Connect with us and other partners on our Facebook page. Thank you for making a difference!



Like us on Facebook!

aspirus.org/foundation
715.847.2470
ahf@aspirus.org