

ASPIRUS VOLUNTEERS Newsletter

Aspirus Wausau

Summer 2025



Yo Voigt,
*Director of
Volunteer
Services &
Guest Services*

Return on Life

It sure seems that the older I get, the faster time flies. We were able to see both of our sons and their families over the July 4th weekend --- and I

always tell people, "We aren't getting older, just our kids."



Yo, with husband, Jim, and grandkids.

These thoughts remind me of a book I just read called 'Uncommon Sense' by Nido Quebin.

Common Sense: **Return on investment** is a way to measure profit.

Uncommon Sense: **Return on Life** (ROL) is a way to measure significance, impact, and fulfillment.

He went on to describe Balance. "Success can be defined in one word: Balance. We become (*continued on pg. 4*)

In this newsletter you can find:

Direct from Yo
Return on Life

New Volunteers

New Staff

STAR

Calendar of Events

Optimism Article

WHA News

Volunteers in Action

In Memoria

Good to Know

We heal people, promote health
and strengthen communities.





Welcome New Volunteers

Aspirus Wausau Hospital

Brett Baumgartner – Cancer Center
Cheryl Eplett – NICU Office
Ashley Jankowski – MSICU
Madison McKenna – MSICU
Rosemary Notz – MSICU
Michael Quong – MSICU
Betty Rosenbaum – Knitting/Sewing
Kamryn Scheuer – Patient Support
Gianna Travis – Cancer Center
Madeline Volhard – Heart Waiting

Aspirus Wausau Hospital – VolunTeens

Kimberly Crews – NICU Office
Caroline Eick – MAP Office Help
Callie Guralski – NICU Office
Eleanor Hodek – Comfort Cart
Brynn Krueger – MSICU
Anna Mykytsey – NICU Office
Mark Mykytsey – MSICU

Aspirus Seasons of Life – Woodruff

Nancy Miller – Garden
Linda Kozisek – Garden

Welcome New Staff

A New Face at the Coffee Shop

Be sure to stop in to say hello to Delilah the next time you're getting your treat at the Aspirus Coffee Shop. Delilah started July 7th as a 0.7 FTE Barista.



Welcome Delilah!

Introducing Brenda Trapp, Hospice & Volunteer Program Lead



Brenda is a native of Schofield. She moved to Milwaukee to attend college, followed by a career of over 25 years as a teacher, principal, and volunteer coordinator with the Milwaukee Public School District.

She moved back to Wausau to be closer to family in 2022 and started working with Aspirus Home Health and Hospice and is now taking on the new adventure as Aspirus Hospice Volunteer Coordinator Lead.

She looks forward to meeting new people and continuing to make a difference in the lives of the patients and families we serve.



STAR

The Aspirus Volunteers once again this year sponsored the Student Talent Art Review (STAR) program for area high school students.

Each year, high school students are invited to submit artwork. The Aspirus Aesthetics Committee judges the entries. Selected artworks are framed and on display in the hospital for one year with a plaque containing the artist's name and high school. The top three winners receive cash prizes. This year, 14 pieces of art were selected.

Congratulations to all!

Calendar of Events

August 19

Aspirus Volunteers Board of Directors meeting

August 20

Schwartz Rounds – Noon-1pm – Topic TBD. *A grab & go lunch will be provided.*

September 1

Labor Day observed – Volunteer office closed; No volunteers scheduled

October 13

In-Person Annual Volunteer Training - *Watch for information coming in your mail.*



ASPIRUS GIFT SHOP

COUPON

\$5.00 off an item at the Aspirus Gift Shop!

Exclusions: Ampersand sweatshirts, cards, candy, balloons, flowers, stamps, and sale merchandise.

Expires: 10/31/2025

\$5 OFF

AN

ITEM

Want to Volunteer?

Wednesdays 1p-3p & Fridays 3p-5p.

The Gift Shop is looking for volunteers



Return on Life: *(continued from pg. 1)*

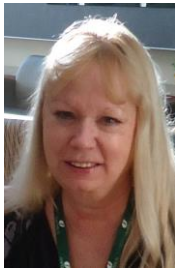
successful when we have achieved spiritual, familial, mental, physical, social, and economic balance. When we achieve this balance, we feel joy and comfort. A truly balanced person keeps expanding intellectually, interacts effectively with other people, seeks constant spiritual growth, cultivates physical fitness, maintains a healthy family environment, and guarantees economic well-being.

Once we're balanced in all these areas, ROL will be high indeed.

Balanced people are other-oriented, constantly looking for ways to improve the world they live in and for ways to attract the support of people who will help them.

When you're balanced, you don't wait for opportunities to serve your fellow humans. You look for them."

THANK YOU, Aspirus Volunteers, for always looking for ways to help others at Aspirus. Keep looking for ways to enjoy ways to get your Return on Life.



Mary Literski,
*Volunteer
Board Member*

Have you ever wondered, is there an easy way to live a little longer? What about up to 10 years longer than the average lifespan of 77.5 years? Would it cost a lot of money? Would I have to take a new drug? No drug, no money. It is attainable by all.

Optimism and being positive is the answer....

The National Academy of Sciences found that people with high levels of optimism live longer. Their data comes from studies of about 70,000 women from the Nurses' Health Study and 1,400 men from the Veterans Affairs Aging Study. The studies suggest optimistic people have lower rates of heart disease, stroke, and less decline in lung function.

Other studies of just women show optimists sleep better and have lower stress. One study suggests there is a biological link in stress related hormones and immune responses that differ in the optimist versus the pessimist.

Don't worry if you are not naturally optimistic. Some psychologists believe positivity can be taught. They teach people how to cope with problems even if they experience setbacks. Practicing a smile or even a half smile is another technique they suggest.

Enjoy whatever you do. I hope your cup is half full!





Public Policy Education Report

By Cindy Hermel, Partners of WHA President-Elect

The **Valued Voice** is a Wisconsin Hospital Association publication that provides updates on healthcare-related topics, public policy development and implementation, and regulation of hospitals and healthcare organizations.

In a recent issue it was announced Wisconsin leads the nation in hospital cleanliness ratings. In a time when healthcare quality and patient satisfaction are more critical than ever, Wisconsin has emerged as a national leader in hospital cleanliness, according to recently released federal data. Becker's Hospital Review has published similar findings based on the Centers for Medicare and Medicaid Services' Hospital Consumer Assessment of Healthcare Providers and Systems surveys. What great news for Wisconsinites and the healthcare community.

As the cost of prescription drugs continues to rise, employers and employees are looking for ways to control expenses. One way is to leverage financial assistance programs offered by some prescription drug manufacturers. These programs are commonly setup so the prescription drug manufacturer covers all or a portion of an individual's out of pocket costs for the prescription drug. Look for more information soon.

Mark your calendars. Next year's Advocacy Day is scheduled for February 25, 2026 in Madison. Advocacy Day is designed to educate and motivate healthcare employees, trustees, and volunteer groups on important healthcare related issues pertaining to public policy and legislation impacting both patients and healthcare providers.

Congratulations to An Add'l Volunteer Scholarship Recipient for 2025!



Ayden Abuzzahab



Our Volunteers in Action



Michael Q. & Rosemary N.
MSICU



Kam S.
Patient Support



Maddie V.
Heart Waiting Room



Brenda K.
Eucharistic Volunteer



Cheryl E. & Kim C.
NICU Office



Brynn K.
MSICU



Maddie M.
MSICU



Mary L.
PCU Office



Lisa J.
Gift Shop



In Memoria



Erica McCollough

March 1934 – June 2025

Erica was an Honorary member of the Aspirus Volunteers and volunteered in the Gift Shop for many years.



Charlene Morache

July 1940 – June 2025

Charlene was an Honorary volunteer serving for almost 12 years in the MSICU and Heart waiting rooms.



Joan Hack

July 1938 – June 2025

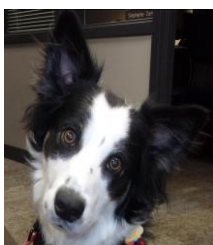
Joan was an active volunteer for over 24 years serving in the hospice and palliative care areas.



Margaret Preisig

June 1928 – July 2025

Marge was an extraordinary volunteer serving Wausau Hospital for over 42 years in the Gift Shop and making comfort items for patients.



Jeni

September 2023 – August 2025

Jeni was a very new Pet Therapy volunteer who I'm sure would have brought a smile to many patients and staff.



Wausau Volunteers Staff:

- Yo Voigt, Director of Volunteers & Guest Services
- Mary Dobeck, Volunteer Administrative Coordinator
 - Sue Prahl, Lifeline Coordinator
- Gabbie Theilman, Hospice & Hospice Volunteer Program Lead
- Sammie Giese, Manager of Gift Shop & Coffee Shop

For Hospital Volunteer staff
call:

715-847-2848 or email
volunteers@aspirus.org

For Hospice Volunteer Lead
call:

715-847-2000, ext. 52436



Roasted Ricotta Stuffed Peppers

Ingredients

- ☐ 3 medium zucchini (about 1 1/4 lb. total), cut into 1/2" pieces (about 5 cups)
- ☐ 1 3/4 tsp. kosher salt, divided
- ☐ 4 medium red bell peppers, halved lengthwise, seeds and stem removed
- ☐ 3 Tbsp. extra-virgin olive oil
- ☐ 8 large garlic cloves, finely chopped
- ☐ 3/4 cup dry couscous
- ☐ 15 oz. ricotta (such as Luzzi)
- ☐ 3 oz. Pecorino Romano, finely grated (about 1 1/2 cups)
- ☐ 2 Tbsp. coarsely chopped fresh basil
- ☐ 1/2 tsp. freshly ground black pepper
- ☐ 12 oz. whole-milk mozzarella, shredded

Nutrition Information

Per Serving (Serves 4)

Calories	889
Fat	54 g
Saturated fat	29 g
Trans fat	0 g
Cholesterol	171 mg
Sodium	1323 mg
Carbohydrates	46 g
Fiber	6 g
Sugar	9 g
Protein	50 g
Vitamin D	1 mcg
Calcium	1235 mg
Iron	3 mg
Potassium	1077 mg

Directions

Step 1

In a colander set over a bowl, toss zucchini with 1 tsp. salt. Let liquid drain, about 20 minutes.

Step 2

Meanwhile, arrange a rack in center of oven; preheat to 400°. Arrange pepper halves cut side up in a 13" x 9" baking dish; season with 1/4 tsp. salt.

Step 3

In a large skillet over medium-high heat, heat oil until it begins to shimmer. Pat zucchini dry and cook, stirring occasionally, until beginning to soften and pieces turn lightly golden, about 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Stir in couscous and let cool slightly.

Step 4

In a large bowl, combine ricotta, Pecorino Romano, basil, black pepper, and remaining 1/2 tsp. salt. Add couscous mixture and mix to combine.

Step 5

Divide filling between peppers. Top with mozzarella.

Step 6

Bake stuffed peppers until cheese is golden and bubbly and peppers are soft and tender, 35 to 40 minutes. Let cool slightly.

Aspirus Family House WISH LIST

Keeping the Family House stocked with basic necessities requires a lot of donated supplies. For health and safety concerns, we ask that all donated items be new, unopened and unexpired.



*Must be brand specific for Bounce, Clorox, Dawn, Febreze, Finish, Lysol, Purell, Softsoap, Swiffer, Tide, and Windex.

Other brands will not be accepted.

Amazon Wishlist link: https://www.amazon.com/hz/wishlist/ls/90NKBKUPQWCH/ref=hz_ls_biz_ex

THANK YOU for your support of the Aspirus Family House!

Join Us

Alzheimers and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



Designed for anyone who is caring for someone who has Alzheimer's or related dementia.

**Second Tuesday Monthly
9:00-10:30am**

**St. Andrew Lutheran Church
150202 County Road NN
Wausau, WI**

**For more information or to RSVP,
call Scott Seeger at
(715) 261-6066 or email
scott.seeger@adrc-cw.org**

**Fourth Tuesday Monthly
9:00-10:30am**

**Covenant Community Presbyterian Church
1806 Weston Avenue
Schofield, WI**

**For more information or to RSVP,
call Jennifer Thompson at
(715) 261-6086 or email
jennifer.thompson@adrc-cw.org**

**www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811**

alzheimer's  association®

Wisconsin Chapter

Support Group for Caregivers



**Do you help a family member or friend
who is navigating a chronic condition?**

One of the keys while caregiving is to also find support for yourself.

Together, we will support each other through conversation and connection while on our caregiving journey.

*This group is not intended for professional caregivers.



When:

4th Monday of the
Month

10:30am - 12:00pm

Location:

ADRC-CW:

Wausau office

1100 Lake View Dr

Ste 600, Wausau

Parking Lot D

Door 23

Free

Registration required:

888-486-9545

www.adrc-cw.org



National Weather Service



HEAT SAFETY FOR YOU AND YOUR FAMILY

DURING A HEAT WAVE

- ✓ **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- ✓ **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

WARNING VS. WATCH

Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



Drink plenty fluids in hot weather, even if you aren't thirsty.

For more information, visit [weather.gov/safety/heat](https://www.weather.gov/safety/heat)



HEAT CAN BE DANGEROUS

The Heat Index

The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

weather.gov/safety/heat-index.

Heat Index temperatures shaded in red indicate extreme danger. The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Relative Humidity (%)



LIKELIHOOD OF HEAT DISORDERS
with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger



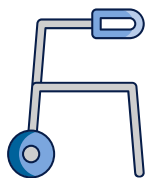
NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache, confusion	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103°	
			Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Move person to cooler place Cool using cool cloths or bath Do not give anything to drink 		

Most people want to stay in their homes as they age. However, older adults living alone have a unique set of concerns to consider to age in place. In the U.S., 27% of adults ages 60 and older live alone.¹ Difficulties with mobility and health conditions are major factors that contribute to a loss of independence. Review these 7 considerations with your older adults to help them age in place.

1 Activities of daily living (ADLs)

Aging adults may face challenges in bathing, toileting, dressing, eating, and mobility. Assistive devices such as grab bars, shower chairs and mobility aids should be considered to provide additional safety and independence.



2 Food & meals

Nutrition is essential to maintaining strength, balance, and managing chronic conditions. Help your older adults make a plan to address any challenges to obtaining food due to physical limitations or limited access to grocery stores.



3 Transportation

40% of seniors can't complete chores or participate in activities because they don't have adequate transportation, which can lead to social isolation or depression. Help your aging adults find a way to access essential services.



4 Medication management

Almost 90% of seniors take at least one prescription drug while 80% take two and 36% take five or more.² Encourage your older adults to consider an automated medication dispenser.



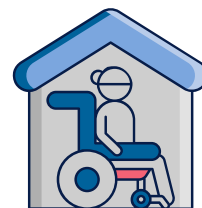
5 Housekeeping

Physical limitations or health conditions could make basic household tasks such as cleaning and organizing difficult for older adults. Consider a housekeeping service or in-home care to keep their home clean and clutter-free.



6 Healthcare

Regular medical care and management of chronic conditions are essential for aging in place. However, many aging adults face barriers such as transportation or limited resources. PACE programs are available for those who need nursing home-level care but prefer to live independently.



7 Medical alert systems

Lifeline can provide aging adults and their families with a sense of security and peace of mind knowing that they can simply press a button to signal for help. Speak with your older adults about enrolling in the Lifeline service.



Contact Lifeline today to learn more:

Name:

Phone:

Email:

1. Ausubel, J., "Older people are more likely to live alone in the US than elsewhere in the world," Pew Research Center, Mar 2020.

2. Stevens, J., et al., "Circumstances and Outcomes of Falls Among High Risk Community-Dwelling Older Adults," Inj Epid. www.ncbi.nlm.nih.gov/pmc/articles/PMC4700929