

ASPIRUS VOLUNTEERS Newsletter

Aspirus Wausau

Summer 2026



Tasha Stencil,
*Director, Volunteers,
Guest Services &
Family House*

Hello!

I am excited to introduce myself as the new Director of Volunteers, Guest Services, and Family House at Aspirus Health.

Having spent 22+ years with Aspirus, I have had the privilege of serving in a variety of roles and working alongside incredible volunteers, donors, patients, and team members dedicated to our mission of healing people, promoting health and strengthening communities. My longevity with Aspirus has given me a deep appreciation for our culture, our patients and families, and the many people who make a difference every day.

As I step into this new role, I am especially excited to learn more about each of you and the tremendous impact our volunteers have throughout Aspirus and the communities we serve. Your compassion, generosity, and commitment create meaningful experiences for patients, families, visitors, and staff. The gift of your time and service is something that cannot be measured, and I am grateful for all that you do.

Over the coming months, I look forward to meeting many of you, hearing your stories, learning what inspires

In this newsletter you can find:

Welcome Tasha

Volunteer
Scholarship
Recipients to date

Welcome New
Volunteers

STAR

Welcome Kelly

Gift Shop News

Volunteers Annual
Banquet

Volunteers in Action

We Need Your
Help

In Memoria

Knit/Crochet/Sewn
Items Needed

Fun Stuff &
Good to Know

We heal people, promote health
and strengthen communities.





Tasha Hello (continued)

your volunteer service and exploring ways we can continue to strengthen our volunteer programs together. I am honored to have the opportunity to support such a dedicated group of individuals who play a vital role in the Aspirus experience.

Thank you for your commitment to Aspirus and to the people who depend on us. I look forward to working with you and celebrating the difference you make every day.

Warm regards,

Tasha Stencil

Director of Volunteers, Guest Services, & Family House



Tasha & family

2026 Volunteer Scholarship Recipients



Sophie Durkee



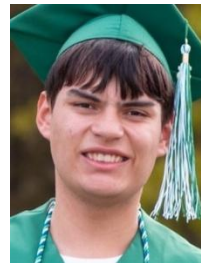
**Eva Espinoza-
Almazar**



Caitlyn Horgan



Aidan Karst



Jayden Kesselring



Gracelyn Leder



Shela Lee



Cassidy McMeeken



Ava Medo



Jesse Napgezek



Vivian Resch

Congratulations!



Welcome New Volunteers

Aspirus Wausau Hospital

Chase Barnes – Comfort Cart
 Madalyn Bartz – Cancer Center
 Kathryn Gutknecht – Cancer Center
 Cheryl Kryshak – Knitter
 Jackie Laden – NICU Office
 Gail Meinhardt – Cancer Center Peer Mentor

Aspirus Wausau Hospital – VolunTeens

Abbey Brill – MSICU
 Lucas Fructuoso – Heart Waiting Room
 Evelyn Herdrich – NICU Office
 Izzy Janke – NICU Office
 Madison Matthiae – Comfort Cart & Farmer's Market
 Amita Mukerji – Comfort Cart
 Emilee Paye – NICU Office
 London Rattanasack – Comfort Cart
 Fred Tylinski – Rehab
 Taylor Warnke – MSICU

Aspirus Hospice – Wausau

Lisa Ahlers – Hospice House
 Debra Boggs – Knitting
 Donna Conley – Hospice Homecare
 Raissa Dupuis – Hospice Homecare
 Kaitlyn Keech – Hospice House
 Steven Mayer – Hospice Homecare
 Lisa Woelfel – Hospice House
 Emily Yach – Hospice House

Aspirus Seasons of Life – Woodruff

Elaine Ace – Hospice House
 Wendy Hunter – Garden
 Jim Kavemeier – Garden
 Kandace Lynn – Garden
 Candice Nicholson – Garden
 James Nicholson – Garden
 Deborah Stanley – Garden

Aspirus LeRoy – Antigo

Terrance Depies – Hospice Homecare

Calendar of Events

August 18

Aspirus Volunteers Board of Directors meeting

September 7

Labor Day – Volunteer office closed

October 2026

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

Wausau Volunteers Staff:

- Tasha Stencil, Director of Volunteers & Guest Services
- Mary Dobeck, Volunteer Administrative Coordinator
 - Kelly Keding, Lifeline Coordinator
- Brenda Trapp, 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



STAR

The Aspirus Volunteers once again sponsored the Student Talent Art Review (STAR) program, providing area high school students with the opportunity to showcase their artistic talents.

Each year, students are invited to submit original artwork for display at the hospital for one year. This year, Aspirus aesthetics volunteers judged 44 submissions and selected 13 pieces for exhibition. Each selected work was professionally matted and framed at the expense of the Aspirus Volunteers and is accompanied by a plaque recognizing the artist and their high school. Cash prizes are also awarded to the top three entries.

New this year, the Aspirus Volunteers expanded their support by awarding a \$500 grant to each participating school to help purchase art supplies for their program. Five area high schools participated, further strengthening the partnership between Aspirus and local schools while encouraging young artists to pursue their creativity.





Welcome New Staff



Kelly Keding,
Lifeline Coordinator

Thank you to everyone who has welcomed me to the Volunteer department at Aspirus Wausau Hospital. It has been an excellent experience, not only learning the new role but building new relationships with people who are a delight to work with. Prior to this position, I was fortunate to be part of an exceptional Human Resources team, so I have been really blessed.

Over the past few months, I have thoroughly enjoyed learning about Lifeline and the impact it can make on individuals in our community. And, I am just getting to know the Lifeline volunteers, Paul, Kirk, and Kitty, who are kind-hearted and dedicated people who selflessly give their time to assist people in Marathon County with their Lifeline needs.

My husband, Kurt, and I live in the Mosinee area. We both grew up in central Wisconsin. I attended Wausau East High School and graduated from UW-Oshkosh and the University of Illinois, Urbana-Champaign. My husband went to Auburndale High School and graduated from UW-Lacrosse. We have 3 grown children. All are married and are raising children of their own. We have been blessed with 4 grandchildren and anxiously anticipate a couple more additions to the Keding family over the next few years.

In our free time, you can find us spending time with our family ... kids, grandkids, parents, sisters and brothers. We enjoy camping, reading, baking, and pampering our dog, Chip, a very spoiled mini golden doodle.

I look forward to the continued evolution of our Lifeline program as we dedicate ourselves to the community we serve. Our unwavering volunteers truly make this safety-net possible. Together, we will continue to light the way for so many.





Aspirus Wausau Hospital Gift Shop News

It's Christmas in July!



Spend \$50, get \$5 off!
Woo Hoo!!!

Temporary Gift Shop Entrance



Aspirus Wausau Hospital Entrance A has been undergoing a remodel over the past several months. A major portion of the renovated entrance opened on July 8. However, another section—including the permanent doors leading into the Gift Shop—remains under construction.

To allow the Gift Shop to stay open during this phase of the project, a temporary Gift Shop entrance has been installed in the entry vestibule (see photo). Please use this temporary door to access the Gift Shop until construction is complete.

Thank you for your patience and understanding as we finish the final phase of the remodel.



VOLUNTEERS ANNUAL APPRECIATION BANQUET

Comforting Spirits ... Brightening Days

A big **THANK YOU** to all our volunteers who attended the annual **VOLUNTEER APPRECIATION BANQUET!** You COMFORT each patient's and guest's SPIRITS and always BRIGHTEN each and every DAY!

Without you, our work wouldn't be nearly as rewarding. 😊

We welcomed new and returning Volunteer Board members:

- Mary Ventzke, President
- Mary Jo Literski, Vice President
- Bonnie Koelsch, Past President
- Nettie Sosnoski, Secretary/Treasurer
 - Tom Daman, Special Projects
- Cindy Hermel, Partners of WHA President-Elect
- Sheree Schaefer, Partners of WHA Northern District

And we thank Lyn Krohn for her many years of board service.



Aspirus Volunteer Board members
in attendance

Tom, Mary V, Mary Jo, Nettie





Our Volunteers in Action



Izzy J. – Special Projects
Wayfinding



Cathy A. – Special Projects
Trauma Survivors Celebration



Jean S. – Family House



Mary L. – Special Projects
Trauma Survivors Celebration



Kathy P. – Surgery Waiting



Monica S. – Surgery Waiting

NEW! We need your help recruiting new volunteers!

And, we want to reward you for your efforts. 😊
If you refer a new volunteer and they remain an active volunteer for at least 6 months, you will be rewarded with a \$25 Aspirus Gift Shop gift card! Ya Hoo!
Contact us for more information or to make a referral – 715-847-2848 or email volunteers@aspirus.org.





In Memoria

Marcella Hargraves

June 1934 – March 2026



Marcella served Aspirus for over 14 years volunteering most notably for the Teddy Bear Clinic and as Mrs. Claus for the volunteer Christmas Tea and Festival of Trees.

Bernice Corsten

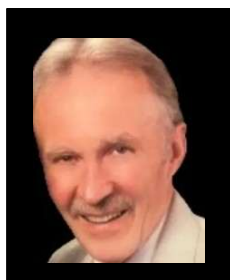
August 1943 – March 2026



Bernice served Aspirus Hospice for over 7 years sharing her love of singing and the ukulele both at the Hospice House and Seasons of Life.

John Igers

June 1938 – April 2026



Jack generously gave his time as a hospice volunteer for over 28 years offering comfort and companionship to those nearing the end of life.



Calling All Knitters, Crocheters, and Sewers ...

The Cancer Center, Neonatal ICU (NICU), and Spiritual Services are in need of items including:

- Port Pillows
- Burial Pouches
- Pocket Prayer Shawls
- Prayer Shawls
- Emotional Support Pickles

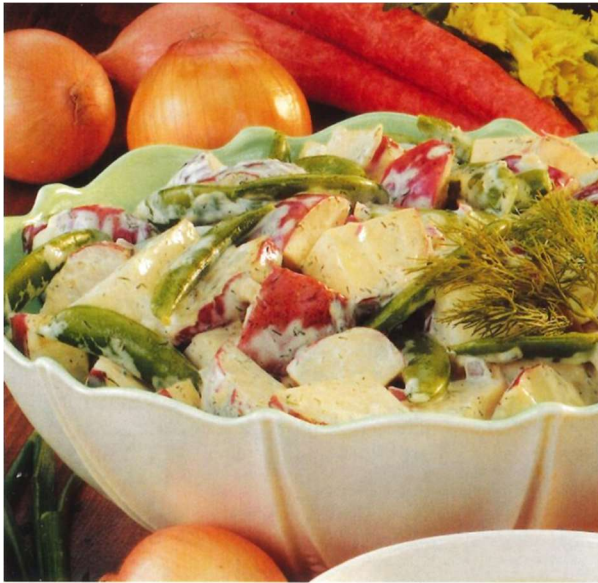
If you would like patterns for any of these items, please call 715-847-2848 or email volunteers@aspirus.org.



Thank you so very much!



Sugar Snap Potato Salad



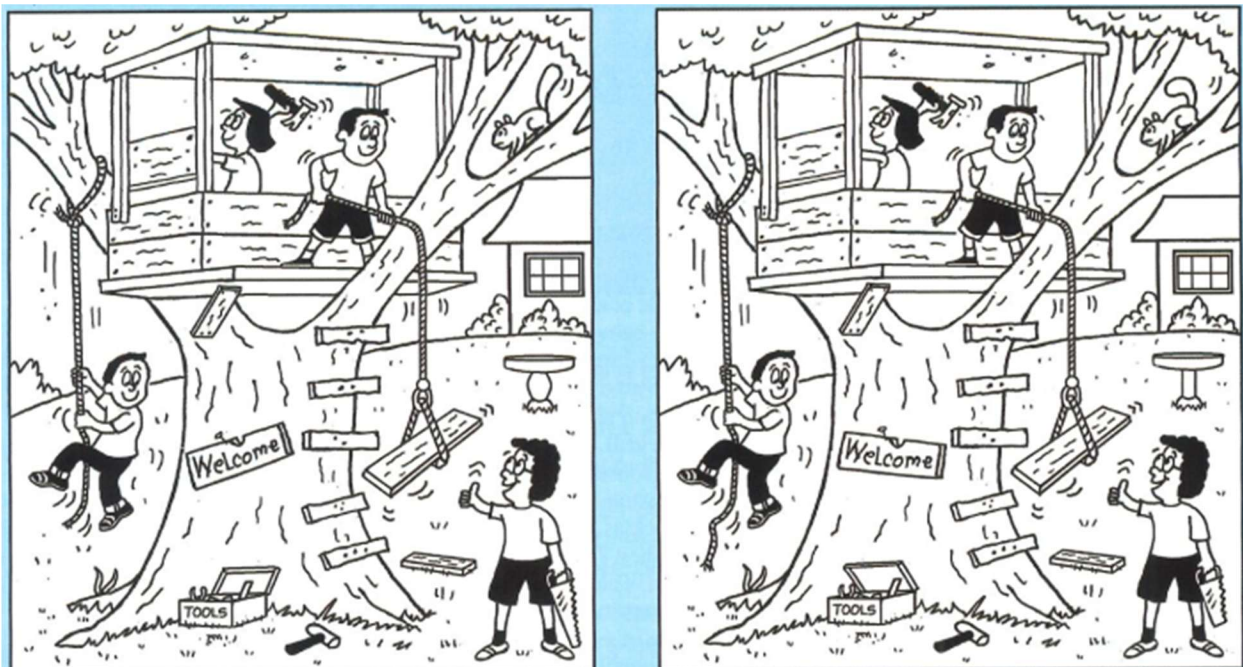
- 1½ pounds small red potatoes, quartered
- ½ pound fresh sugar snap peas
- ½ cup chopped red onion
- ⅓ cup mayonnaise
- ⅓ cup plain yogurt
- 1 garlic clove, minced
- 3 tablespoons Dijon mustard
- 2 tablespoons minced fresh dill
or 2 teaspoons dill weed
- ½ teaspoon salt

Place potatoes in a saucepan and cover with water. Bring to a boil; reduce heat. Cover and cook for 10-12 minutes or until tender. Rinse with cold water and drain. Place potatoes in a large bowl; add peas and onion.

In a small bowl, combine the remaining ingredients. Pour over potato mixture and gently toss to coat. Cover and refrigerate for at least 1 hour before serving.

Yield: 8-10 servings

Can you find the 10 differences in these *almost identical* sketches?



- 1) Left tree branch. 2) Climbing rope. 3) Girl's shirt. 4) Boy's leg. 5) Squirrel's tail.
- 6) Roof of house. 7) Bird bath. 8) Welcome sign. 9) Toolbox. 10) Girl's saw.

Improve Your Balance

Prevent Falls Resource Fair

September 15, 2026
from 9:00 - 11:30 a.m.
at Lake View Conference Center,
1000 Lake View Dr., Wausau
Use Parking Lot E or F. Enter in Door 31.

Event is FREE! No advance registration required.

Free screenings - Fall risk, strength, balance & more

Learn about:

- Short exercise classes (participation optional/encouraged)
- Tips to make your home safer
- Assistive devices
- Medications & fall risk
- Resources to help you stay independent
- AND MUCH MORE!

More information at: www.adrc-cw.org/events/falls
Questions? Call 1-888-486-9545



Sponsored by:





Heart Health Checklist for Seniors

Use this checklist to help support cardiovascular wellness and reduce heart disease risk.

Regular Medical Care

- ☐ Schedule annual checkup with physician
- ☐ Get blood pressure checked regularly
- ☐ Monitor cholesterol levels
- ☐ Track blood sugar levels
- ☐ Request electrocardiogram (ECG) screening
- ☐ Review all medications with doctor

Heart-Healthy Habits

- ☐ Exercise 150 minutes weekly (walking, swimming, chair exercises)
- ☐ Eat fruits, vegetables, whole grains, and lean proteins
- ☐ Limit salt, saturated fats, and processed foods
- ☐ Quit smoking
- ☐ Maintain healthy weight
- ☐ Stay hydrated throughout the day

Know the Warning Signs

- ☐ Learn heart attack symptoms: chest pain, shortness of breath, nausea
- ☐ Recognize pain in arms, back, neck, or jaw
- ☐ Understand symptoms differ for men and women
- ☐ Know when to call 911 immediately

Emergency Preparedness

- ☐ Keep list of medications, allergies, and conditions
- ☐ Program emergency contacts into phone
- ☐ Wear medical identification if you have heart conditions
- ☐ Wear medical alert device 24/7
- ☐ Test medical alert system monthly
- ☐ Update emergency contacts

This checklist is for informational purposes only and does not replace professional medical advice. Consult with healthcare providers for personalized recommendations. To learn more about how medical alert systems support senior safety and independence, contact your local Connect America account manager.