

Women On the Move

A publication of the Aspirus Health Foundation

August 5, 2019



A Home Away from Home

Parents grateful for family house
during daughter's surgery

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Your Gifts Matter

Forensic Nursing Program at
Aspirus Wausau Hospital

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Women's Golf Classic
Aspirus Health Foundation





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Join Aspiring Women

What is it?

Aspiring Women is serious information and a seriously good time. It’s about taking care of you ~ because you take care of everyone else. It’s fun, educational girls’ nights out that inspire you to achieve a lifetime of wellness. It’s for you and about you.

Who is it?

Aspiring Women is for women who aspire to lead healthier, happier, more active lives. We know you want to be part of it and will share it with your family, your friends, and your community.

Where is it?

You can find *Aspiring Women* at your nearest Aspirus hospital. Membership is free, and members receive notice of upcoming events, free e-newsletters, and other fun benefits.



Visit [aspirus.org/AspiringWomen](https://www.aspirus.org/AspiringWomen) to join the *Aspiring Women* program at your area Aspirus hospital and to find out about upcoming girls’ nights out near you!



ADS-052



BEST DRESSED CADDIE 2018

The Evil Queen was the fairest in the land as a winner of the BEST DRESSED CADDIE award at the 2018 Aspirus Women's Golf Classic.



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Compassion, Caring and Improving Lives

Every year we are privileged to see the mission and values of Aspirus come to life through the Aspirus Women's Golf Classic.

Golfers, caddies, sponsors and volunteers partner with the Aspirus Health Foundation to raise funds for programs and services that heal people, promote health and strengthen our communities.

- Golfers and caddies show up in attire that makes us laugh and helps us celebrate generosity.
- Sponsors host activities on the course to create fun memories.
- Volunteers share their time and talents to ensure a positive experience for everyone.

This year, it is an honor to come together on the golf course to:

- Improve the lives of victims of sexual assault and abuse.
- Help children during the critical window of time when their brains are developing.
- Support patients and families who travel to Wausau for specialty care and need assistance with housing.

Together, we demonstrate compassion and caring through our generosity.

Thank you for your partnership in compassion, caring and improving lives through the Aspirus Women's Golf Classic.

With gratitude,
Kalynn

Kalynn Pempek
Executive Director,
Aspirus Health Foundation and Volunteer Services



The Aspirus Health Foundation Team, (L to R) Mary Dobeck, Kim Smerda, Lori Artz, and Kalynn Pempek celebrate at the Groundbreaking Celebration for the new Aspirus Family House in Wausau on June 25, 2019.

A Home Away from Home

Parents grateful for family house during daughter's surgery

Learning your child needs surgery is scary. When you have to travel to receive the necessary care, the situation can become more difficult – even overwhelming. That's what local father, Ben Fischer, told us about a recent experience with his six-month-old daughter, Nella.

Nella had a condition called Craniosynostosis, which causes problems with normal brain and skull growth. She needed to have a highly-invasive surgery at a children's hospital that required the Fischers to travel in order to get Nella the specialty care she needed.



Nella Fischer

Ben recalled how difficult the whole experience was for them.

“We were in shock when we found out about the condition, and somewhat in denial,” he said. “We didn't know what to expect, having our daughter undergo general anesthesia for a day-long skull surgery. It was very scary no matter how many experts assured us all it would be okay, and this type of surgery is rather routine for them.”

Ben says that his family didn't have the funds to stay in a hotel room for more than a week. Luckily, the children's hospital had an affiliation with a family house where he and his family were able to stay.

“The family house was huge for us because that was one major concern we didn't have to worry about,” Ben said.

“We could focus on Nella and her care, and not about where we would stay and how we would pay for all the expenses of traveling.”

“It was easy access to and from the house to the hospital directly across the street,” Ben said. “To this day, I'm grateful for everything, from the care to the home-like atmosphere of the family house that held my family together when it felt like life was tearing us apart.”

“That is why my wife and I were so happy to learn that Aspirus would be creating a family house to serve patients and families who travel to Wausau for specialty care,” Ben said. “We know that the Aspirus Family House will serve as a home away from home for many patients and families for years to come. And we love that it is located across the street from the hospital, because we know how important it was for us to be close to Nella when she was in the hospital. We look forward to touring the Aspirus Family House when it opens in January of 2020.”

For more information about the Aspirus Family House, visit [aspirus.org/familyhouse](https://www.aspirus.org/familyhouse)



The Fischer Family - Ben, Courtney, Nella and Aggie.

ASPIRUS FAMILY HOUSE

The Aspirus Family House will help support patients and families dealing with serious illness or medical crisis.





Alexa Ernst, front, along with her fellow medical students from the Medical College of Wisconsin-Central Wisconsin Campus, donate books to Aspirus Pediatrics for a literature-rich waiting room and the Reach Out and Read Program.

Reach Out and Read

Future Physicians passionate about children and their development

Alexa Ernst, a medical student with the Medical College of Wisconsin-Central Wisconsin Campus (MCW-CW) and recipient of an Aspirus Scholars award, has witnessed the importance of the Reach Out and Read program at Aspirus firsthand.

As part of her training, one of Alexa's clinical rotations was with Aspirus Pediatrics Clinic in Wausau. Here, Alexa saw the impact the program has.

“I have seen children light up when they are handed a book at their well-child checks,” she said. “This is an excellent way to not only get children excited about reading, but also to encourage parents to read to their children.”

As a medical student, Alexa has learned that a key source of information comes from research. Having supporting data is important to knowing whether or not a treatment is appropriate or a program like Reach Out and Read makes a difference.

“I’ve seen the research, which shows that for communities who participate in programs such as Reach Out and Read, parents are two-and-a-half times more likely to read to their children,” Alexa said. “As a current Aspirus Scholar and future Aspirus physician, I am proud that I will be working for an organization that recognizes the importance of early childhood development. I hope that the program will continue to receive community support so that I will be able to incorporate Reach Out and Read into my future practice.”

Making a difference, one child at a time.



2018 Statistics

Aspirus Scholar Program

Alexa Ernst is a medical student at the Medical College of Wisconsin-Central Wisconsin Campus and an Aspirus Scholar. The Aspirus Scholars Program provides scholarships for tuition to medical students and advanced practice clinician students, such as physician assistants and nurse practitioners.

The program connects the students to Aspirus and the communities served by Aspirus during their training. In return, students commit to future employment at Aspirus in the areas of primary care, psychiatry or general surgery.



Alexa Ernst accepts an Aspirus Scholar award at a ceremony this spring.

For more information about the Aspirus Scholar program, visit aspirus.org/scholars

Comforting Care During Grandmother's Final Days

Caregivers recognized as Heroes for compassion

Even in situations when you know the end is coming, losing a loved one is never easy. Vicki LaPorte experienced this firsthand in February when she lost her grandmother, who lived 102 adventurous years.

Vicki's grandmother passed away in palliative care at Aspirus Wausau Hospital, but not before she made an impression on the staff, and the staff made an impression on Vicki.



Vicki LaPorte

“My grandmother was still living independently in her own apartment and had a very active social life that included weekly card games and going out for dinner,” Vicki said. “Even during her initial days on the Palliative Care Unit, her spunky nature and quick wit provided many laughs to her providers and nursing staff.”

When it was clear that her grandmother didn't have much time left, Vicki stayed at the hospital day and night. She slept and showered on the Palliative Care Unit and that is when Vicki noticed that the staff there wasn't just caring for her grandmother.

“They provided me warm blankets for sleeping, daily encouragement and consolation,” she said. “They allowed me to assist with my grandmother's needs and answered my unending list of questions and concerns as her life was coming to an end.”

“The respect, concern and compassion provided to me and my grandmother seemed innate and created a very warm, caring and comforting atmosphere.”

Because of the empathy, compassion and devotion shown during her grandmother's end-of-life care, Vicki decided to honor her grandmother's caregivers with an Aspirus Hero Award.

“All health care staff that provide 24-hour care are amazing in their own determination to care for others,” Vicki said. “The respect, concern and compassion provided to me and my grandmother seemed innate and created a very warm, caring and comforting atmosphere.”

The Aspirus Hero Program is a way to thank people who make a difference during your visit or stay at Aspirus. Heroes can be named by making a charitable gift of any size that helps support community health initiatives that improve the quality of life for people in our community.

For more information about the Aspirus Hero Program, visit [aspirus.org/hero](https://www.aspirus.org/hero)



When a Hero comes along...

Generosity is something you can give back.

At times health challenges can be overwhelming. And at that moment, someone remarkable comes along.

The **Aspirus Health Foundation** provides a way you can thank those who made your excellent hospital, clinic and specialty care possible – the Aspirus Hero program.

Recognize your **Aspirus Hero** with a charitable gift of any size to support health programs and services in our community.

Learn more and give back at
aspirus.org/hero



WGCADS-010

Your Gift Matters

Forensic Nursing Program at Aspirus Wausau Hospital

Through generous support from the community and the Aspirus Health Foundation, the Forensic Nursing Program at Aspirus Wausau Hospital has had a tremendous impact on the lives of those who have experienced sexual assault or abuse.

2018 Community Impacts Include:



51 Patient encounters



85% Sexual assault victims reported incident to law enforcement



22 New sexual assault advocates trained in the sexual assault nursing process

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¹Preventive care services include routine exams, screenings, immunizations, and other services ranked A or B by the U.S. Preventive Services Task Force. ²Preventive drugs include specific supplements, contraceptives, immunizations, and other preventive drugs ranked A or B by the U.S. Preventive Services Task Force.

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34387-080-1906

Thank you to the golfers* in the 2019 Aspirus Women's Golf Classic for making the time to support people in our community through their participation.



Golfers

9-Hole Tournament

Aspirus Volunteers Are A "Latte" Fun

Cindy Hermel
Bonnie Koelsch
Judy Ward
Ann Wicklund

Baird Birdies

Amber Gober
Karla Lodholz
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18-Hole Tournament

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Melissa VanOrder

Aqua Finance 2

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April Hall
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Tonya Schmirler

Aspirus Arise

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Sara Seubert
Kristi Toner
Tammy Wickersham

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Cindi Jaeger
Claire Meney
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Nicole Guite
Judy Schraufnagel
Sarah Vander Sanden

Follow us to Incredible!

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Leann Hayden
Janet Tharaldson

Forensic Nurses are Magical

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Jen Schmidt
Taylor Weiks

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Deborah Kane
Melissa Matteson
Danielle Weiland

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Dawn Macedo
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More than 200 individuals*, businesses and organizations have contributed thousands of volunteer hours to make this year's golf classic a success. We are grateful for this incredible gift of time and talent.



Volunteers

Volunteers

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Marie Becker
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ASPIRUS HEALTH FOUNDATION FACTS

Did You Know?

Your support helps make a week-long day camp experience possible for special needs children in Central Wisconsin by supporting Rainbow's End Day Camp.



A big shout out to all our caddies* for the cause who work so hard to bring energy and fun to this event. You are the heart of the engine that powers the Classic experience for the women golfers!



Caddies

Mark Alexander	Jeff Kennedy
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ASPIRUS HEALTH FOUNDATION FACTS

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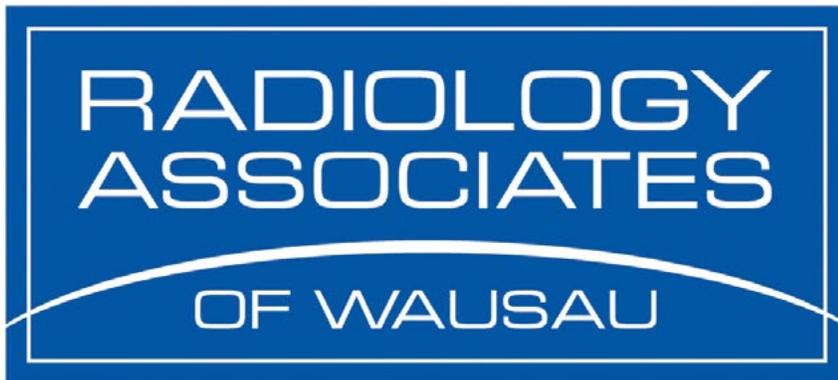
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Did You Know?

REI Engineering & Northwest Petroleum Service showed their support for Breast Cancer Awareness Month by wearing pink and raising \$500 to help cancer patients and families at the Aspirus Regional Cancer Center.





BEST DRESSED GOLFERS 2018

The golf ball girls teed it up “fore” scoring BEST DRESSED TEAM award at the 2018 Aspirus Women’s Golf Classic.

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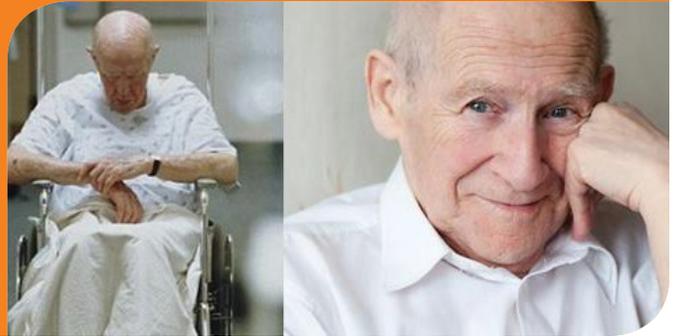
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Did You Know?

Patients in need of clothing to provide dignity and warmth to go home to heal receive help with new items from the Compassion Clothing Closet at Aspirus Wausau Hospital.



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BEST CART DECORATION 2018

Caddy-O and the Fab 50s Foursome was cruisin' the course and ready to hit the hop after a BEST DRESSED CART award at the 2018 Aspirus Women's Golf Classic.



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BEST DRESSED CADDIE 2018

This angler lured in a BEST DRESSED CADDIE award at the 2018 Aspirus Women's Golf Classic.



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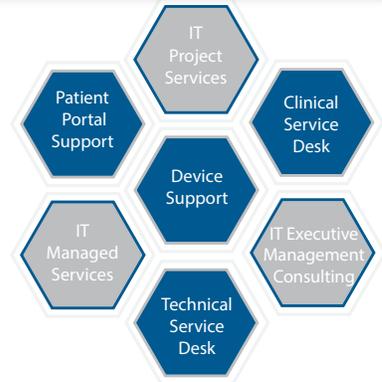
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