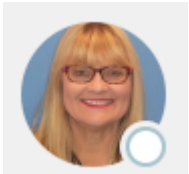


Aspirus Volunteer Newsletter

Spring 2022



Update From Yo Voigt ~Director of Volunteer & Guest Services~

I saw this quote from another Aspirus leader, and it is so true.

“The values we aspire to are Compassion, Collaboration, Foresight, Accountability, and Joy.

Joy is something I've been pondering about a lot recently. We aspire to live with joy in our lives...But **how** do you live with joy during a pandemic? Happiness is circumstantial. It is the result of things going on in your life at the time.

Joy, on the other hand, is not dependent on the circumstances you are going through...it comes from knowing you are part of a greater purpose, and you are making a difference. So even if you are living in the middle of a pandemic, you can have joy knowing you are helping and serving others. From my observation, *Joy does not come from us automatically...it grows and develops* inside each of us as we more appreciate the opportunities, we have to make a difference for others.”

Thank you for all you do! So many of the Aspirus volunteers also help volunteer at many other places in the communities we serve. THANK YOU.



UPDATES:

- Update from Yo Voigt
- Update from Department of Volunteer & Guest Services
- Department of Family House Updates
- Seasons of Life Update
- Hospice House Update
- Volunteer Need

Update From Holly WELCOME HOLLY! ~Hospice Volunteer Coordinator~

Hello Hospice Volunteers!

My name is Holly Aschbrenner. I am excited to be the new Hospice Volunteer Coordinator and a part of such a great organization! Before taking this position, I was a Hospice CNA for 3 ½ years and still keep my occasional status.

Some fun facts about me is I got married this past November and we have two German Shepherds who are like our kids, plus 7 chickens. Together we have 4 nieces and 1 nephew who we like to spend time with.

My husband and I moved to Ringle almost two years ago where we have 12 acres and lots of space for our dogs to run. In the summertime you will find me outside in my large garden, four-wheeling up north, spending time with friends and family around a campfire, grilling out, and relaxing outside on our patio. We recently bought a motor home that we are excited to go camping in!

I have a strong passion for the Hospice Program and am excited to grow our volunteer program! To contact me, please call 715-581-0315 or Holly.Aschbrenner@aspirus.org.

I look forward to working alongside each of you!



Update From Paula ~AWH Volunteer Coordinator~

Happy Spring! There is so much to look forward to, and so many of you to be grateful for! Every single day I am inspired by your generosity and positivity.

As you are well aware, most of our patients and guests are facing challenges. We know that you stand with us as we serve. We appreciate the fact that when you enter Aspirus with your smile and badge, you also choose to bring your best self. Your patience, calmness, and helpfulness have the most positive impact on those you encounter. The kindness you show truly makes a difference in the lives of the people we serve.

Many Thanks,

Paula Gharet
715-847-2835
Paula.Gharet@aspirus.org

*"Volunteers do not necessarily have the time;
they just have the heart."*

--Elizabeth Andrew





As many of you might have celebrated a birthday during the pandemic and received a birthday card with a Gift Shop coupon, please know that when the Gift Shop remodel is done, those coupons will still be honored past the expiration date! Happy Birthday to you all!

Update From Susan ~Lifeline Coordinator~

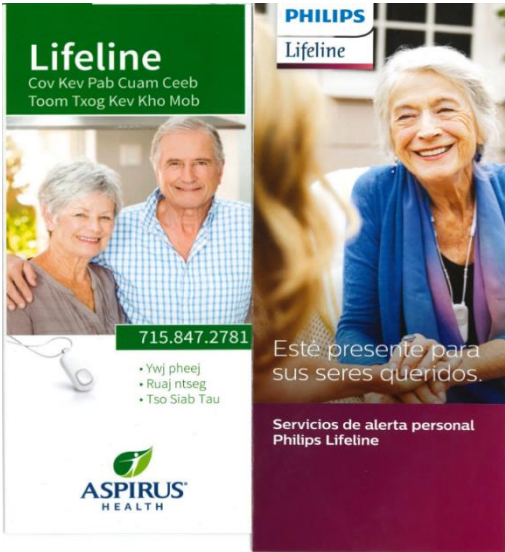
Aspirus Lifeline is again taking applications for Marathon County residents. Installers cannot enter homes, but they can deliver equipment and installation instructions to the home. We will also provide installation support by phone. We are very excited to be able to offer this service to the community again.

Aspirus Lifeline now has brochures available in Hmong and Spanish. We feel that this will be a great help to those who need translation assistance in our community.

Wonderful News! The Town of Texas Lions Club gave Lifeline a \$375 donation. A big thank you to them!

Also, the Volunteers program has paid for the 2022 monitoring costs of the Lifeline unit that is at the Family House!!

If you or someone you know is in need of Lifeline in Marathon County, please call Aspirus Lifeline at 715-847-2781. Outside of Marathon County, call Aspirus Health Lifeline at 1-800-533-8954 X 54592.



Happy Retirement Shirley!!

On February 17th, Shirley retired from her job as Lifeline Assistant after working at Aspirus for 14 years. We wish her all the best and relaxation in the years to come!



ADRC- Healthy Living Programs

- **Powerful Tools Caregivers** - For those helping a spouse, partner, parent or other loved one, a program focused on “you”, the caregiver. *Meets weekly for six weeks for 1¾ hours.*
- **Stepping On** - Building confidence and reducing falls, its focus is on adults who have fallen or are fearful of falling/ want to prevent a fall. *Meets one time a week for seven weeks for 2 hours.*
- **Living Well with Chronic Conditions** - For adults with ongoing health conditions such as heart disease, arthritis, depression, or other chronic conditions. *Meets weekly for six weeks for 2½ hours.*
- **Healthy Living with Diabetes** - For adults with pre-diabetes or Type 2 diabetes. *Meets weekly for six weeks for 2½ hours.*

To register for any workshop or get more details call: 1-888-486-9545

Update From Sammie ~Coffee and Gift Shop Supervisor ~

Hello Aspirus Volunteers!

Things are going very well here at the Coffee Shop! We have extended our hours to 6:30am-2:30pm, and we now offer deli salads from County Market! We currently have a 0.6 FTE position open, so spread the word!

As far as the Gift Shop, we had two staff only sales at the end of January which brought in about \$9,000 in sales. We are now awaiting quotes for the remodel of the shop. Once we get those quotes, we should be able to determine an re-opening date. We are also working with Marketing to start an "online" Gift Shop option as well. More details to come!

If you are interested in volunteering at the Gift Shop, please contact me. I will be working on coordinating a schedule in the near future.

Samantha.Giese@aspirus.org or 715-847-2739

Blessings to all, spring is coming!

~Sammie~

Amanda Duquesnel, from Counter Point in Michigan, trained on the Counter Point System, cash register, reports, inventory, purchasing, etc.



Food Service Certification for Starbucks!



The Gift Shop donated stuffed animals to the Emergency Department with the help of our Volunteers Mary and Jerry.

Volunteers and staff made "Grab Baskets" for the staff sale in January.



Morgan Her, a Volunteer returned to help in Starbucks.



Mary and Jerry helping with inventory counts after Gift Shop sale.



Aspirus Family House Update

The Aspirus Family House is looking for volunteers to make meals/soups during the week (everyday but Wednesday night). The only request is the volunteer bring the ingredients and make it at the House. This has been a big hit at the House for families to grab a warm meal after visiting loved ones in the hospital. If you have questions or wish to sign up, please call the Family House.

In addition, as you can imagine, keeping the Family House stocked with basic necessities requires a lot of donated supplies and support from the community. Right now, there is a need for toilet paper, individual snacks, and coffee K-cups for the Keurig machine.

**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 & department stores. For more information about the family house or to make a donation online, visit aspirus.org/familyhouse or email ahf@aspirus.org

In lieu of items, you can also make a tax-deductible financial donation. Please make checks payable to the Aspirus Health Foundation & simply put 'Family House wish list' on memo line.



Hospice House/ Seasons Of Life Update

Many of you may not know that Aspirus expanded within the last few months and now has a second hospice house! There is the 8-bed facility in Wausau and now an 8-bed facility in Woodruff called Seasons of Life. The hospice program is excited to offer more personal care for our patients.

The acquisition came with 6 volunteers at our Seasons of Life house which we welcomed. Prior to Aspirus taking this house over, it was run by Compassus Hospice. The volunteers went through the Aspirus Volunteer application process and we are so excited to have them be a part of our organization now. We want to thank you them for their patience during the transition!

The Wausau Hospice House has been able to welcome more volunteers to help with baking, making meals/helping at mealtimes, and visiting with residents.

Some areas we are looking to expand our volunteer efforts at both houses is on holidays, having a volunteer or two come in to help make a nice meal, help deliver meals to rooms, decorating for holidays, and visiting with residents. If you are interested, please contact Holly Aschbrenner.



Thank you Knitters/Quilters!

A very heartfelt thank you to all the Volunteer Knitters/Quilters/Crocheters/Sewers! The Aspirus Birthing Center, NICU, and Hospice departments appreciate the time and talent that goes into making caps, booties, critters, prayer shawls, and blankets. For new parents, this is a very special touch of compassion and care. The nursing staff enjoy presenting parents this gift. It is Aspirus Volunteers that make that possible. Happy knitting, quilting, crocheting, sewing!



MaryJo Literski volunteering in Day Surgery waiting room.



Margie Bosio volunteering in Day Surgery waiting room received flowers for Make a Difference Day, donated by Evolutions in Design.



Dolly Fiera adding and organizing blankets.



Stella Lonsdorf volunteering in AWH Cafeteria.

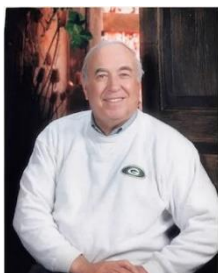


Ann Brandt volunteering in the Wound Clinic.

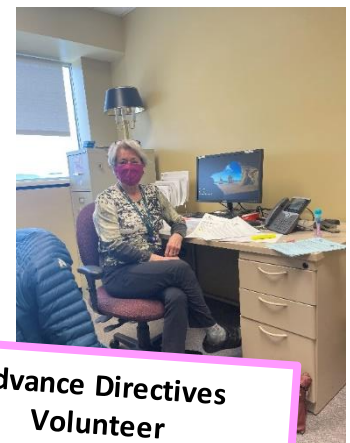


Reese Arthun volunteering at the Hospice House baking cookies on Valentine's Day.

In Memory of Roger Davis



Roger was an EZ Rider Driver from 2006-2016 and had a life total of 1,678 hours volunteering at Aspirus Wausau Hospital.



Advance Directives Volunteer
Kitty Switlick helping in the office.

Volunteer Needs

If you have completed your return packet and given proof of vaccine, please consider helping with the following needs:

Aspirus Wausau Hospital:

Food Service: Monday-Friday 11am-1:30pm

Palliative Care Unit (PCU): Monday-Friday 8am-12pm; Saturday and Sunday 1pm-3pm

Heart & Vascular Waiting Room: various shifts available, 8am-noon and noon-3pm

Day Surgery Waiting Room: various shifts available, 8am-noon and noon-3pm

*Both waiting room opportunities would serve as the liaison for families waiting for surgery and those waiting for family while in the Heart Institute.

Hospice House - Wausau:

Every Thursday: label and put away food truck order from noon-2pm

Meal Help: Tuesday, Thursday evenings from 4:30pm-6:00pm

Weekend Meal Help: Saturday and Sunday from 8am-10am, noon-2pm, 4:30pm-6pm

Activity/Visiting Help: Go in and make holiday projects with patients or visit – anytime

Seasons Of Life- Woodruff:

Holidays: prepare meal, decorate, and visit with patients on holidays

Aspirus Family House:

Bring in items to make meals/soup at the House during the week

Homecare Volunteers:

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, sit with so family can have a break, or do activities with. If you are interested in becoming a homecare visitor, please reach out to Holly Aschbrenner.

All volunteers are required to wear a face mask and face shield when you are delivering items. We will provide these for you.

We look forward to seeing you!

Please call: Yo at 715-847-2876; Paula at 715-847-2835; or Holly at 715-581-0315

