

Women On the Move

A publication of the Aspirus Health Foundation

August 6, 2018

Reach Out and Read

Your gift matters

page 09

Support for Victims

Great care for times
of great need

page 10



ASPIRUS™

Women's Golf Classic

Aspirus Health Foundation





- Financial education resources
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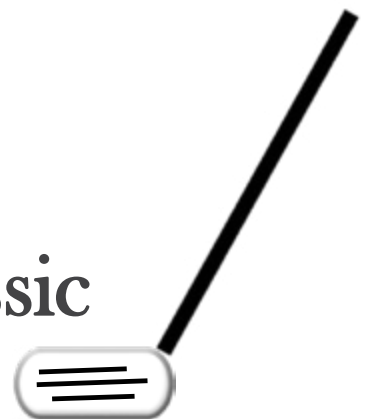
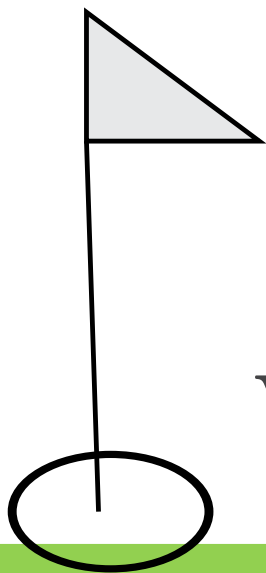


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Join Aspiring Women

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 to join the *Aspiring Women* program at your area Aspirus hospital and to find out about upcoming girls' nights out near you!

Aspiring Women


ASPIRUS™
Passion for excellence.
Compassion for people.

ADS-052

BEST DRESSED CADDIE — 2017

Captain America was “marvel”ous with this group of superheroes adding a BEST DRESSED CADDIE award to his list of wins at the 2017 Aspirus Women’s Golf Classic.



ASPIRUS HEALTH FOUNDATION FACTS

Did You Know?

Generosity knows no age limits! The Crusaders for Christ and Jr. High Youth Groups from Trinity Lutheran Church in Athens raised \$1,730 for Aspirus Regional Cancer Center from their Youth Cancer Walk to stock the patient resource center.



Alone, we can't
change the world
but together we can
move it a little.

Good things happen when you bring together people who deeply care about other people.

theKarmagroup

Empowering and Inspiring Others



Your partners in generosity (L to R): Lori Artz, Mary Dobeck, Kalynn Pempek and Kim Smerda.

If you've spent any time with children, you know firsthand they watch adults to see how we treat people. Children, and especially girls, watch how women treat other women and they model what they see.

They pay attention to our relationships at home, at work and in our community.

They watch our behaviors to see if we lift other women up or tear them down.

They watch our actions to see if we respect and celebrate other women.

They notice when we make the choice to help other people.

The children who watch you likely see a woman who has fun dressing up, playing golf, acting silly and playing around – all in the name of giving back to help others.

They see that you empower children, women and men by supporting the Aspirus Health Foundation and causes like the Reach Out and Read and Sexual Assault Nurse Examiner programs.

They are inspired by the way that you make it a priority to help and empower people in our community.

Thank you for your partnership in empowering and inspiring others through the Aspirus Women's Golf Classic.

*With gratitude,
Kalynn*

Kalynn Pempek
Executive Director,
Aspirus Health Foundation and Volunteer Services

Thank You

A Son's Life Saved

Couple gives thanks to those who acted fast, with compassion

There are many different ways to thank and recognize a person, organization or support a cause. Whether it's a gift of time, money or other resources, you can make a big difference in someone's life regardless of the size or type of gift you make.

The reasons for giving back differ for everyone. For one area family, it was an easy choice following the actions during a life-and-death situation involving their son.

A fragile life saved

When first-time parents Phil and Melissa Hanke welcomed their son, Parker, into the world on August 4, 2017 at Aspirus Wausau Hospital, it was not the welcome they were hoping for. After Melissa labored for several hours, it was determined that a C-section was needed for the safety of mom and baby. When Parker finally arrived, a normally joyous moment quickly turned into one of panic.

"As a dad you always wait to hear your child cry, but there was nothing, so I was alarmed right away," Phil said. "Staff rushed Parker to another part of the room and everything happened so fast I wasn't sure what was going on."

As staff evaluated Parker, they found that his airway was blocked. They quickly removed an obstruction that occurred during the delivery and Parker was breathing – and crying – within about a minute after delivery.

"It felt like the longest minute of my life, but everyone in the room did such a great job," Phil said. "We found out afterwards that it's extremely time sensitive when the baby is not breathing because it doesn't take long for it to lead to other potential long-term issues."

When Parker was born he was given an Apgar score, which is a value given to all newborns based on a brief evaluation of a baby's appearance and vital signs. The score ranges from zero to 10, and Parker's score at birth was zero – the worst score possible.

Once Parker was breathing, his Apgar score quickly rebounded. He was taken to the Anya Marie Jackson Newborn Intensive Care Unit (NICU) for observation, but required no additional tests or procedures.

Gratitude leads to gift

When the family got home following their brief hospital stay and finally had a chance to reflect on the events that took place, the Hankes knew they wanted to do something to thank the Aspirus staff for saving Parker's life. They chose the Aspirus Hero program as a way to give back through the Aspirus Health Foundation and also recognize Sarah Walder, nurse practitioner in the NICU, and one of the people who treated Parker after he was born.



Phil and Melissa Hanke, son Parker, and Grandparents Dr. Brian and Jane Smith honor Sarah Walder as their Aspirus Hero.

"Everyone was great, but we recognized Sarah with a Hero Award because we are forever in debt to her," Phil said. "It was very emotional for us, but she saved our child and we were able to bring him home because of her."

To recognize Sarah, the Hankes attended an Aspirus Hero ceremony at the hospital. Melissa said it meant a lot to be able to recognize Sarah in person because they got to interact outside of a medical setting. She said they really made a connection and could tell that Sarah really cared about their situation and Parker wasn't just another baby to her.



Phil, Melissa and Parker, 2018.



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



Family's Generosity Helps Cancer Patients



Mary Ann Kallstrom

Charitable giving is often inspired by life experiences that touch our lives and hearts so deeply that we feel compelled to do something to help others.

A little over three years ago, the family of Mary Ann Kallstrom was inspired by the caring team of physicians and nurses who became part of their lives and extended family during Mary Ann's illness before she passed away in September 2015. As a special way to honor Mary Ann's life and help others who are living with cancer, her family established a cancer support fund in her name through the Aspirus Health Foundation to help patients with transportation and housing needs.

The Kallstrom family's gift is supporting a pilot program at the Aspirus Regional Cancer Center to provide a "temporary home away from home" and bring comfort and healing to patients with identified need as they receive cancer treatment.

The Mary Ann Kallstrom Cancer Support Fund

Established in October of 2015 by the Kallstrom Family

"This housing has made the difference for some patients who otherwise may have foregone treatment due to the cost of travel and housing during extended cancer treatment," said Wendy Schulz, supervisor of oncology social services at Aspirus Regional Cancer Center. "We're grateful to the Kallstrom family for touching the lives of our patients."

Your Gift Matters

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one child at a time.*



8,000 Children served every year.



6,000 Families benefited.



88

Aspirus providers prescribe books to build healthy brains.



50,000

Books incorporated into pediatric care.

Support When It's Needed Most

Care after sexual assault or abuse

A good support system helps us get through the most stressful times in our lives. When we experience things like illnesses or the death of a friend or family member, having someone to talk to and lean on for help makes a profound difference.

The same is true for victims of sexual assault and abuse; however, there are often different dynamics at play during these situations that can make it tougher for victims to seek support. People often are abused by someone close to them, which can make them reluctant to speak out. In some cases, the person causing harm may have otherwise been the trusted, go-to support person under other circumstances.

To make sure victims have access to the support they need and deserve, Aspirus Women's Golf Classic funds will continue to support the Sexual Assault Nurse Examiner (SANE) program at Aspirus Wausau Hospital.

Evidence, support and healing

The SANE program provides medical services, including pregnancy and disease prevention, as well as forensic examinations and emotional support for victims of sexual assault and abuse. The experience with a SANE nurse can also be the first healing step for people.

"The most important thing we do is give control back to the person because sexual assault is not about sex – it's about power and control," said Jennifer Schmidt, SANE program coordinator at Aspirus. "People who commit sexual assault use sex to gain power and control over another human being. Our program is all about giving control, power, and choices back to a person and meeting whatever needs he or she has."

Another role the SANE nurses perform is evidence collection – a critical piece for anyone who decides to pursue charges.

One woman's journey to heal

Wausau resident Heidi Wolfe knows firsthand how programs like the one at Aspirus Wausau Hospital can make all the difference in the world. Wolfe was sexually assaulted as a child and again as an adult. Her assaulter is now in prison, but the path to that outcome was a long, trying journey.

"I never had the opportunity to utilize a SANE program, but what I can relate it to is talking to my detective and truly having to open up," Wolfe said. "He changed my life forever and there's no way I can ever repay him for the compassion, empathy and dedication he showed."

Similar to what the SANE program does for victims, Wolfe said the detective she spoke with explained her options to her and gave advice about next steps. Wolfe reported her assailant, which ultimately led to multiple other victims coming forward.

Wolfe's case went to trial. It was an emotional and difficult experience. She says she realizes just how important proper evidence is in cases like hers.

"In the legal system there is no room for error, especially when it comes to evidence," she said. "It can make or break a case, so having the state-of-the-art equipment and the best education for nurses in the SANE program is huge."

UV light and a high-powered camera help SANE nurses support victims by enhancing evidence collection capabilities.





Heidi Wolfe, left, and Jennifer Schmidt, SANE program coordinator at Aspirus, pictured in the Sexual Assault Nurse Examiner (SANE) room at Aspirus Wausau Hospital.

Caring for our community

Because of our community's support of the Aspirus Women's Golf Classic in 2017, we're helping people in important ways, including:

- **Training** – SANE nurses receive extensive and ongoing training, mentoring and certification to provide the best care to victims of sexual assault and abuse.
- **Care** – 31 victims of sexual assault were cared for, including three under the age of 18.
- **Evidence collection** – SANE nurses properly collect vital forensic evidence that assists in criminal convictions. The Aspirus program performed exams on two suspects in 2017.
- **Recognizing human trafficking** – SANE nurses implemented training for emergency room physicians and staff about how to recognize and respond to human trafficking.
- **Standardizing care** – SANE nurses used their training to develop policies for standardizing the forensic exams performed for victims of non-fatal strangulation.

A SAFE environment

Aspirus Wausau Hospital has a Sexual Assault Forensic Examiner (SAFE) room located in an area separated from the emergency department. Having a dedicated room offers benefits to sexual assault and abuse victims.

"I cannot overstate the impact that the SAFE room has had on our ability to care for our patients. The environment offered is so serene and calming to both patients and the SANE nurses. It makes it so much easier to take the time required for our interview and exam, without the bustle of the emergency department in the background. It also means that patients don't have to wait for an available room, which could cause psychological distress as well as possible degradation of valuable forensic evidence. It's a special calming touch that our program has to offer to those who are hurting so much. The SAFE room is an asset that very few other SANE programs have, and we are very grateful for it."

– **Jennifer Schmidt**, SANE program coordinator at Aspirus

Thank you to the sponsors and donors* of the 2018 Aspirus Women's Golf Classic for supporting people in our community through generous sponsorships and donations.

2018 ASPIRUS WOMEN'S GOLF CLASSIC

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Thank you to the golfers* in the 2018 Aspirus Women's Golf Classic for making the time to support people in our community through their participation.

2018 ASPIRUS WOMEN'S GOLF CLASSIC



Golfers

9-Hole Tournament

Aspirus Volunteers

Meg Wissmueller
Ann Wicklund
Judy Ward
Gloria Setterman

Baird

Heather Summers Valiska
Amber Gober
Laurie Prochnow
Mauri Brueggman

County Land & Title

Linn Hall
Tammy Waraksa
Cassy Vaudt
Becky Creekmore

Fantastic Fore

Deb Pagel
JoAnn Draeger
Kim Pearson
Golfer 4

Go Packers

Kris Peterson
Kathy Soczka
Julie Soczka
Diane McAninch

"Good Ones"

Melissa Kampmann
Gretchen Kray
Amy Ebeling
Sarah Napgezek

Northcentral Technical College

Vicki Jeppesen
Katie Felch
Roxanne Lutgen
Angie Servi

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Tammy Szekeress
Candy Thurs
Tara Thurs
Becky Gatzke

Team Strasser

Kathy Strasser
Angela Lentz
Lisa Westphal
Sarah Krolicki

Wipfli / Wipfli Financial Advisors

Penny Lecheler
Amanda Molin
Debbie Hoffman
Sherri Tlusty

Team Bliven

Kathy Bliven
Linda Knauf
Susan Lang
Jennifer Friday

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18-Hole Tournament

Aqua Finance 1

Katie Klosinski
Teena Schwartz
Mandy Ellenbecker
Miranda Klobukowski

Aqua Finance 2

Jullie Vetter
Tonya Schmirler
Mel Espeseth
Angela Copeland

Aspirus = A Dream Come True

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Pam Napiwocki
Lea Haas
Hannah Johnson

Aspirus Arise

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Lisa Felch
Tammy Pestka
Diane Stroik

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Kelly Boggs
Beth Slezak
Lacey Welke

Associated Bank

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Heidi Rausch
Meg Kolb
Amanda Sullivan

Cheddar Chippers

Barb Boehm
Amy Janke
Krystle Gertschen
Linda Laessig

Connexus Association 1

Sandy Warner
Claire Meney
Sheila Polack
Lindsay Stromberg

Connexus Association 2

Jess Huggenvik
Cheryl Schoessow
Tammi Walter
Cindi Jaeger

CoVantage Credit Union

Rhonda Norrbom
Ruth Geier
Jen Auner
Kathy Weinkauff

ECOW

Melanie Galang
Jennifer Galang
Beth Hynes
Kelly Roth

Elite Carriers

Tammy Guite
Nicole Guite
Judy Schraufnagel
Sarah Vander Sanden

Fab Fore

Shanna Yonke
Tina Gordon
Meredith Otte
Erin Witucki

Fishing for Gold with River Valley

Kim Kohlbeck
Janet Tharaldson
Ellie Reineck
Robin Hegg

Golf Like an Egyptian 1

Jennifer Schmidt
Sarah Craig
Shanna Paul
Sarah Ganski

Golf Like an Egyptian 2

Robin Rudie
Jennifer Doering
Lynn Senfelds
Llyn Zillich

Greenheck Fan

Danielle Schreiner
Angie Fleischman
Sarah Zydzik
Carrie Jo Nelson

Healthcare Heroes in a Half Shell

Heidi Wolfe
Melissa Konicek
Melanie Peterson
Katie Kuehnhold

Intercity State Bank

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Kari Zeinert
Terri Knoeck
Kortney Weilip

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Kristi Kulas
Jamie MacDonald
Lori Tonelli
Golfer 4

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Heather Stoffel
Jane Graham Jennings
Carolyn Krautkramer
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Peoples State Bank

Gayle Boettcher
Caryl Lewis
Katrina Simkowski
Katreen Abendroth

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Julie Sherfinski
Kristen Spiegel-Berg
Amy K Marquardt
Sandy Dittmar

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Kara Johnson
Helen Brown
Heather Kurtz
Krista Hoglund

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Sara Bangs
Lisa Hamilton
Billi Jo Leopold

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Kristi Toner
Angel Zarda
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Lynn Douville
Marcy Coe
Amber Peterson

“The Ref’s”

Ruth Risley-Gray
Sherry Buntten
Maria Gulan
Jeannine Nosko

They Who Shall Not Be Named

Joan Klehr
Jessie Swanson
Rhnea Wimmer
Lisa Saunders

US Bank

Erin Zimmerman
Amber Hoff
Megan Schulz
Amanda Hoffmann

Who’s Sari Now?

Sherri Brager
Paula Vogt
Kitty Switlick
Betsy Jansen

WIFC

Brooke Haas
Heidi MacEachern
Cameo Roets
Krystal Schairer

WPS

Janis Roesslein
Teresa Maas
Kerri Zastrow
Alisa Allen

** We apologize for any error or omissions in the list above.*

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.

2018 ASPIRUS WOMEN'S GOLF CLASSIC

Volunteers

Volunteers

Julie Barnum
Marie Becker
Nicole Chickering
Sally Christofferson
Christina Cooper
Linda Cotton
Cheryl Denton
Leah Herdrich
Jean Huth
Shirley Iczkowski
Linda Knauf
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Vicki LaPorte
Heather Martell
Jacqui Miller
Kristin Phillips
Christine Riste
Janelle Selenske
Andrea Tharaldson
Yolanda Voigt
Becky Wendland
Diane Witter
Ali Wolfe
Heidi Wolfe

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Lori Artz
Sherri Brager
Doug Cheever
Mary Dobeck
Sandy Ferg
Jordan Hoerter
Chad Otte
Paul Pagel
Kalynn Pempek
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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!

2018 ASPIRUS WOMEN'S GOLF CLASSIC

Caddies



Eric Anderson	Bob Lamovec
James Anderson	Paul LaPree
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Paul Belky	John Opolka
Ben Bliven	Paul Pagel
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Paul Duerst	Burt Schmidt
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Quinton Feltner	Rob Stack
Jason Fritsche	Tim Strasser
Derek Hoff	Rob Szekeress
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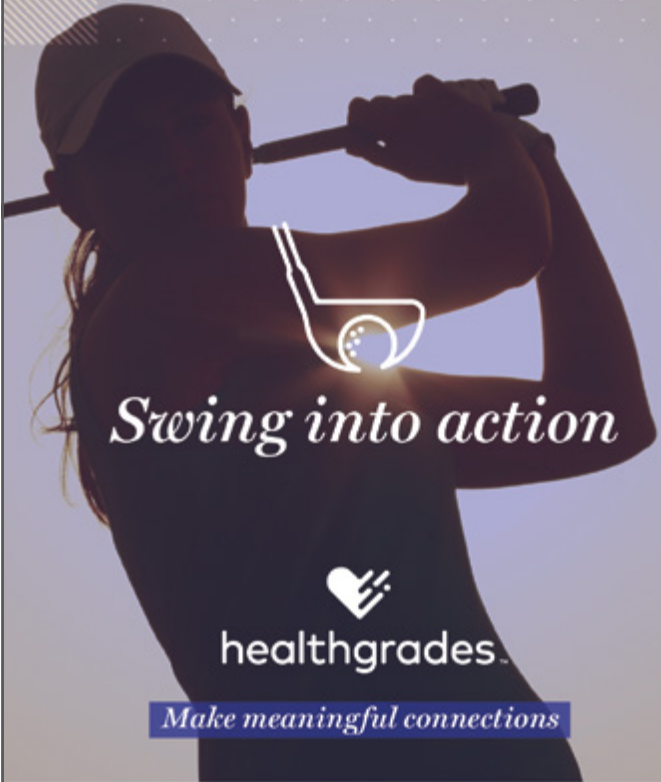
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Attorney Tracey L. Klein
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ASPIRUS HEALTH FOUNDATION FACTS

Did You Know?

Your support helped provide Lynda with medical equipment to improve her health. "I have two heart conditions. I had to go to our local store to check my blood pressure. I am so happy I can do this at home now. I am on a limited income and couldn't afford to buy one on my own. Thank you!" – Lynda



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BEST CART DECORATION – 2017

Loaded with the iconic gear, the ECTO-1 vehicles, Slimer and Ghostbusters arrived on the golf course at the 2017 Aspirus Women's Golf Classic and claimed a BEST DRESSED CART award. Who you gonna call?

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SUPPORTING OUR COMMUNITY

Wipfli, a leading CPA and consulting firm, and Wipfli Financial Advisors, a premier investment advisory firm, are proud to support the 2018 Aspirus Women's Golf Classic benefiting children and victims of sexual assault and abuse.

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ASPIRUS HEALTH FOUNDATION FACTS

Did You Know?

Your gifts help fund community bedrooms at the Aspirus Hospice House for those who otherwise could not afford to stay in the Hospice House. Colleen Stillwell shared her time and talents with the Eagles Club Auxillary #251 raising over 3 nights room and board to give back in honor of her sister.



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BEST DRESSED GOLFERS — 2017

The Rockford Peaches hit a home run on the course as the winners of the BEST DRESSED TEAM award at the 2017 Aspirus Women's Golf Classic.

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ASPIRUS HEALTH FOUNDATION FACTS

Did You Know?

Jarp in Schofield held a food day fundraiser for the Anya Marie Jackson Newborn Intensive Care Unit at Aspirus Wausau Hospital to help purchase special scales to weigh babies after breastfeeding.





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