



# CUMBERLAND HEALTHCARE

## Volunteer Partners

### SPRING GREETINGS FROM YOUR VOLUNTEER COORDINATOR

Happy Spring everyone!

John Muir once said “Spring work is going on with joyful enthusiasm.” There is such truth in those words. The Volunteer Partners have been very busy this spring.

This newsletter contains information about the events that have happened and some of the upcoming projects since the last newsletter.

Four new volunteers have joined Cumberland Healthcare Volunteer Partners. Please welcome Barb Peterson, George Weilesevich, Ann Sutmar and Dave Hill.

There have been 26 Comfort Blankets given to patients. Three of those were in the ER, and 23 were in the hospital.

A general membership meeting was held on March 14<sup>th</sup>.

## SPRING 2024 NEWSLETTER

### HERE'S WHAT'S BEEN HAPPENING:

#### *Easter Bake Sale*

The Easter Bake Sale was held on Thursday, March 28<sup>th</sup>. We had a nice turnout of baked goods. The proceeds went to fund the upcoming Lovelight tree purchase. A big THANK YOU to all the volunteers who provided the baked goods!



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## *Volunteer Appreciation Breakfast*

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National Volunteer Week was April 16-April 22, 2023. The Cumberland Healthcare Volunteer Partners were all invited to attend an appreciation breakfast at the Harvest Grill on Tuesday, April 23<sup>rd</sup>. Those that were able to attend enjoyed a delicious breakfast of egg scramble, fresh fruit, muffins and juice and coffee. The breakfast was served by the Administration.



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## *District Meeting*

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The Partners of the WHA Northwestern District Meeting was held in Ladysmith at JS Supper Club on Wednesday, April 24<sup>th</sup>. Attending from Cumberland Healthcare Volunteer Partners were: John Bavier, Linda Bavier, Ann Bergmann, Robin Denver, Barb Garling, Phyllis Henderson, Katherine Husby, Kathy Mason, Myrna Nemeth and DeAnn Walters.

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## *A Word from Barb Garling, Public Health Chair for Cumberland Volunteer Partners Advisory Council*

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### Anxiety Disorders

According to the World Health Organization, anxiety disorders were the most prevalent mental health issue in 2019 affecting over 310 million people worldwide. Statistically, it appears that more women suffer from this than men. It also appears that anxiety disorders can develop during early childhood or adolescence. The good news is that there is a successful treatment for this disorder but unfortunately, only one out of four people receive medical help.

In today's world, with instant news coverage of world events, political differences, possible job loss, medical diagnoses or any other stress related happening, any anxiety disorder may develop fear or worry in a person. Some symptoms of anxiety

disorders may include trouble concentrating, trouble sleeping or having a sense of impending danger or panic, which can then lead to depression.

Over the next issues of the newsletter, we will take a more in depth look at several different types of anxiety disorders that include generalized anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, separation anxiety and selective mutism.

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### *Dates to Remember*

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Mark your calendars! The Traveling Gift Shop will make their first appearance at The Island City 32<sup>nd</sup> Annual Celebration of the Arts on Saturday, June 8<sup>th</sup>. You might also know this event as “Art in the Park.” On August 8<sup>th</sup>, it’s our turn in the brat stand at Louie’s. The Traveling Gift Shop will also be at the Rutabaga Craft fair on Saturday, August 24<sup>th</sup>. Please let me know if you would be willing/able to volunteer at any of these events.

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### *Memorial Bench*

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The bench that the Volunteer Partners purchased using the money from the Memorial Fund has arrived! This bench will be placed at the front entrance of Cumberland Healthcare. The bench currently in front of the entrance will be moved to the Oncology/Wound Care entrance.

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### *Final Thoughts*

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Since I started at Cumberland Healthcare, I’ve had the opportunity to meet many of you at various events. It has truly been a pleasure to meet so many kind and giving people. I’m very impressed with the amount of time and effort set forth by all of you! I’m blessed to be a part of such a wonderful group of people.

If you ever have an idea for a fundraiser, gift shop merchandise, or anything else, please reach out to me. I’m always willing to listen to a suggestion on something new, ways to improve, etc. I can be reached at (715) 822-7264 (direct line) or by e-mail at [dwalters@cumberlandhealthcare.com](mailto:dwalters@cumberlandhealthcare.com).

Be sure to stop at Corner Boutique and check out the new items for spring and summer!

I wish you all a Happy Spring!

DeAnn