

Aspirus Volunteers-Medford
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Volunteer Voice

President's Message...

Well we have had a break in our busy volunteer lives and I am sorry to say that our summer is gone so now it is time to buckle down and look forward to our busy Christmas lives – both personally and as volunteers.

First a recap of some of the summer activities. On August 31st ten of our members attended the fall District Meeting at Wausau. We heard an informative talk on Scams and got caught up on what the other volunteer groups are doing.

From October 2nd through the 4th, the State WHA Hospital Convention was held in Stevens Point. Eight of our members attended. Our group was in charge of the Displays which we got set up in record time. There were many speakers that gave accolades to all the volunteers. Some of the words of praise were: "Volunteers are our precious gems" and we are "Angels with a beacon of light" and on the "local level we are the bedrock of success". It is always good to hear words of encouragement and praise.



Honor Points were awarded during the convention.

Now we start our busy season starting with our membership meeting on November 20th. The Lites of Love program will kick off at this time. Please submit your light requests as soon as possible so Cheryl can get a start on the booklets. The tree lighting ceremony will be held on Tuesday, December 4th at 5 P.M. in the Community room.

Our Volunteer Christmas party is going to be on Tuesday, December 11th. RSVP's required. Watch for invitations.

And, of course, with Christmas comes the Bake Sale so we can put back on those pounds that we worked so hard to take off over the summer. Dig out your recipes and show everyone how talented we can be. It will be held on Thursday, December 13th in the Community room.

I will close with one more convention quote. "Don't underestimate our value to the hospital – volunteers are the hospital caregivers and are the face of the hospital. We bring love, value, voice, care and compassion."

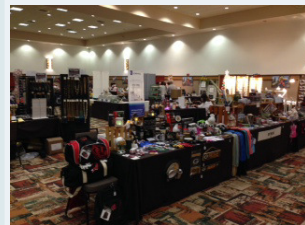
Your President

Kay Ludwig

2018 Partners of WHA State Convention



Conference-goers were treated to an opportunity to hear first-hand about pressing health care issues from a panel of hospital CEOs.



Volunteers present had an opportunity to support the conference by visiting vendor booths and bidding on silent auction items.

Volunteers

Celebrating Birthdays

September

Michelle Danen 9/12

October

Joanne Looch 10/3

Liz Archibald 10/13

November

Becky Kalmon 11/3

Cheryl Steliga 11/4

Joyce Malchow 11/6

Larry Emmerich 11/6

Priscilla Weinke 11/13

Dorothy Obenhoffer 11/21

Kathleen Gaab 11/30

December

Dee Habeck 12/12

Karen Frosch 12/12

Judy Pinkston 12/16

Louise Paul 12/20

Carol Ewan 12/25



CHE REPORT: Obsessive-Compulsive Disorder (OCD)

Do you have unreasonable thoughts and fears (obsessions) causing you to do repetitive behaviors (compulsions)? Does this result in affecting you're daily activities and cause extreme stress?

SYMPTOMS

Usually includes both obsessions and compulsions but it is possible to have only one. These behaviors become time consuming and will interfere with your daily activities, social interactions and work.

Obsessive Symptoms

One experiences repeated, unwanted thoughts, urges or images that cause distress and anxiety. You may try to get rid of these thoughts, urges or images by performing a compulsive behavior or ritual.

Obsessions usually have a theme. Examples are:

- a. Fear of dirt or contamination
- b. Things must be symmetrical or orderly
- c. Have repeated thoughts of harming yourself or others
- d. Unwanted thoughts, may be aggressive, sexual or religious in nature

Examples of obsession symptoms:

- a. Fear of touching objects that have been touched by others
- b. Doubt that you locked the doors or turned off the oven
- c. Become extremely anxious when objects are not facing a certain way
- d. Images or thoughts of hurting yourself or others that make you feel uncomfortable
- e. Avoiding situations that can/will trigger the obsessions

Compulsive Symptoms

Compulsions are repeated behaviors that you feel must be done. You do them to prevent or reduce the obsessive thoughts or to prevent something bad from occurring. You do not enjoy doing these things. It may bring only temporary relief from the anxiety and stress.

You might make up rules or rituals to control the anxiety that occurs as a result of the obsessive thoughts. The compulsions become excessive and usually are not related to the obsession you're trying to control.

Compulsions are also frequently themed based. Examples are:

- a. Washing and cleaning
- b. Checking
- c. Counting
- d. Orderliness
- e. Adhering to a strict routine
- f. Demanding reassurances

(continued on page 3...)

2018 Partners of WHA
State Convention Photos



A little fun was had with the conference theme of: Volunteers are Everyday Heroes!



Char, Liz, Louise & Cyndy are shown sporting their Red, White & Blue patriotic attire. Aspirus Volunteers-Medford, truly our everyday heroes!!

OCD continued from page 2...

Examples of compulsive symptoms:

- a. Repeated hand washing until your skin is red and raw
- b. Checking frequently to make sure doors are locked
- c. Checking the stove repeatedly to be sure it is off
- d. Counting in patterns
- e. Arranging canned goods to face a certain way



OCD usually begins in your teens or as a young adult. Begins gradually and will vary on severity throughout your life. At times that you experience extreme stress the OCD can also become more severe. OCD is considered a lifetime disorder.

The cause of OCD is not known. The main theories as to cause are:

- a. Biology—Due to changes in your bodies chemistry or brain functions can result in OCD.
- b. Genetics—May have a genetic component but the specific genes are not known.
- c. Environment—Some environmental factors are felt to trigger OCD; but inadequate research has been done on this theory.

Factors the exist in you developing OCD are:

- a. Family History—If a family member has OCD your chances of having it are increased.
- b. Stressful Life Events—Some individuals who experience extreme trauma or a stressful event are more likely to develop OCD.
- c. Other Mental Health Disorders—Can be related to mental health disorders such as anxiety disorder, depression, substance abuse or tic disorders.

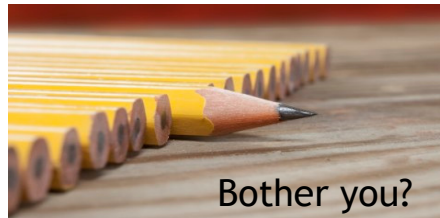
Possible complications of OCD are:

- a. Health issues related to frequent hand washing
- b. Unable to go to work, school or social functions
- c. Troubled relationships
- d. Poorer quality of life
- e. Suicidal thoughts and behaviors

There is no known way of preventing OCD from occurring. Getting treatment as early as possible may prevent the disorder from becoming severe.

Diagnosis

- a. Physical exam—Done to rule out other diseases or disorders
- b. Lab tests—Also done to rule out other diseases and disorders
- c. Psychological evaluation
- d. Diagnostic criteria for OCD—Your doctor may use the criteria in the Diagnostic and Statistical Manual of Mental Disorders (DMS-5) published by the American Psychiatric Association. (continued on page 4...)



Treatment

Generally does not result in a cure but can bring the symptoms under control so they don't rule your life. The two main treatments are psychotherapy and medications. Frequently both treatments are used to improve the results.

Psychotherapy may include Cognitive Behavior Theory and/ or Exposure and Response Prevention. These therapies will help control the obsessions and compulsions but not cure them.

Medication treatment may include the use of antidepressants as a first choice. Your doctor may choose other psychiatric medications as well. Again these treatments may help control the obsessions and compulsions but not cure them.

As stated previously OCD is a lifetime disorder. Besides medical treatments there are things that you can do to help you cope with this disorder.

- a. Learn as much as you can about OCD
- b. Join a support group for people with OCD if available in your community
- c. Stay focused on your goals
- d. Develop healthy habits and activities
- e. Learn stress management and relaxation techniques
- f. Stay with your regular routine

Take care of yourself and don't let OCD rule your way of life.

Lorna Chipman, HE Chairperson

Sources: Mayo Clinic
Web MD



LITES OF LOVE

Fundraiser Deadline is November 16. A copy of the form is enclosed. Proceeds support future medical students with college tuition needs.

Tree Lighting Ceremony

Tuesday, December 4th beginning at 5:00 pm in the community education room.

Please let Char Drolshagen or Jo Henrichs know if you plan to attend and/or if you will be contributing a dessert for this event.

Holiday Bake Sale

Thursday, December 13, 2018

9am - 3pm, Community Education Room

Chairperson: Phyllis Born (715.965.5178)


The annual **Holiday Bake Sale** is just around the corner. Baked goods, crafts and basket raffle items will be needed. Start perusing those cook-books! Phyllis will need to have a good idea of who is donating what. Having this knowledge in advance will take a lot of stress of your chairperson! Remember items should be on disposable plates within a ziplock-style bag. Please indicate if the recipe is gluten-free or contains nuts.

Event helpers will be needed. Call Phyllis or sign up for a duty and/or shift at the November membership meeting. Proceeds from this event are used to help fulfill the volunteer mission of supporting AMHC through fundraising, service and education. Thank you in advance for your contributions!!



2018 Partners of WHA State Convention



Aspirus Volunteers-Medford are affiliated with the Partners of WHA. Serving as part of the North Central District, Medford volunteers helped organize and plan the State Convention hospital displays. Special thanks to: Liz Emerson, Chairperson; Barb Enderson, Louise Paul, Jo Henrichs, Kay Ludwig, Char Drolshagen and Cyndy Meyer for their efforts in organizing this important element of the convention. Each year conference-goers are eager to visit the display booths to gain knowledge about other health center volunteer service activities and bring home shared resources. This year, forty-six hospitals had displays. Kudos to Liz and team for doing a great job of managing the display set up and take down, and providing oversight during the conference. 



Aspirus Care and Rehab residents were recently challenged to apply their artistic flair in decorating wooden picture frames. Each resident participating in the craft activity will receive a photo of themselves to place in the finished frame.

FALLS PREVENTION: Prevention is Everyone's Responsibility



The first snowflakes of the season have already flown throughout much of the area, which means winter can't be too far off. With that in mind, the Aspirus Safe Worker Awareness Team (SWAT), encourages all employees (AND VOLUNTEERS) to take small steps to walk safe this winter, so that you can enjoy whatever it is you do to promote wellness and work/life balance. Here are some helpful tips from SWAT to keep in mind as the temperatures drop and Old Man Winter returns:

- Wear appropriate footwear and carry in your work shoes.
- Always use designated pathways and crosswalks.
- Slow down and pay attention — ice could form at any moment.
- Be patient — leave yourself ample travel time and watch for hidden obstacles.
- Wipe your feet to avoid leaving water or snow in walkways.
- Clear all entrances and walkways of ice and snow as well as properly sand and salt at all times.
- Notify staff to address any hazardous parking lot conditions.
- Participate in the Oil-Dri Program- Use a shaker bottle of slip resistant material (Oil-Dri) when *exiting* your car. This product is made available at various facility exits. More details about this will be forthcoming.

Preventing falls is everyone's responsibility! This winter, keep yourselves safe. Utilize the free Valet parking service at the hospital's main entrance. Your help as volunteers is valuable to us. We want you safe.





Residents of ACR & Country Gardens will be treated to a SPOOKTACULAR card filled with a treat compliments of the volunteer Stamping program.



THANK YOU so much to you, volunteers and Dorothy for the wonderful Halloween treats! Our residents are going to LOVE them!

Thank you for thinking of us and your generosity! 😊
- Amy Winter, Recreational Therapy Manager



**2019
Volunteer
Membership
Meeting Schedule**
January 15,
March 19,
May 21,
July 16,
September 17
and November 19.



VOTERS NOTICE

General Election - November 6, 2018

Planning to vote? Did you know there are 14 persons on the ballot for Governor and 6 running for United States Senator? <https://myvote.wi.gov/en-US/MyBallot>

Offices to be elected: Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, United States Senator (T. Baldwin), Representatives in Congress (District 7 - Sean Duffy), odd-numbered Wisconsin State Senators (District 29 - J. Petrowski), Representatives to Assembly (District 87— J. Edming); Taylor County Sheriff and Clerk of Circuit Court.



CALENDAR OF EVENTS

Membership Meeting

November 20, 2018

2:30p.m. Community Education Room



Mark your calendars:

- ✓ MARCH - MEMBERSHIP NOMINATIONS OPEN
- ✓ MARCH 2 - BAZAAR / PRN UNIFORM SALE
- ✓ MARCH 20 - MEMBERSHIP MEETING
- ✓ MARCH 21 - ADVOCACY DAY
- ✓ APRIL - MINI MEDIC TOURS
- ✓ APRIL 15 TO 21 - NATIONAL VOLUNTEER WEEK
- ✓ APRIL 17 - VOLUNTEER RECOGNITION EVENT
- ✓ APRIL 26 - SPRING DIST. MEETING, RHINELANDER
- ✓ MAY - BRIDGE & CARD MARATHON BANQUETS
- ✓ MAY 2 - BABY FAIR / SAFETY CENTER
- ✓ MAY 15 - ELECTION OF OFFICERS
- ✓ JUNE 8 - BAZAAR / PRN UNIFORM SALE
- ✓ JUNE 21 - BRAT FRY FUNDRAISER
- ✓ JULY 10 - BAZAAR / NUTMAN & Other vendors
- ✓ JULY 12 - BEACH PARTY AT ACR
- ✓ JULY 17 - Membership Meeting / Potluck Social
- ✓ AUGUST 31 - Partners of WHA district meeting
- ✓ SEPTEMBER 18 - Membership meeting
- ✓ OCTOBER 29 - PRN Uniform Scrub Sale



Upcoming:

- ◆ October 30 - Employee/Volunteer Forums (7:30am, Noon, 6pm-Cmty Ed Rm)
- ◆ November 16 - Lites of Love deadline
- ◆ November 20 - Membership Meeting
- ◆ December 4 - Lites of Love Ceremony & Holiday Bake Sale
- ◆ December 11 - Holiday Christmas Party (watch for RSVP invitation)

Aspirus Volunteers-Medford LITES OF LOVE Fundraiser

During this holiday season participate in a heartwarming tradition - remember your loved ones and support local high school graduates at the same time through the Aspirus Volunteers-Medford 22nd annual Lites of Love healthcare scholarship fundraiser.



Lites of Love listings can be reserved in memory of deceased loved ones, in honor of living family members or friends, special teachers and mentors, physicians and nurses, colleagues, neighbors or anyone who has made your life better - for a minimal donation of \$2.00 per name, per donor. **Lites of Love donations are gratefully accepted through November 16th.**

A formal tree lighting ceremony will be held Tuesday, December 4th at 5pm in the hospital's community room. Event is open to the public and elementary student essays will be read.

Here is my Love Lite gift in recognition of family and friends & to sponsor a future medical student:

(Please Print)

In Memory of: _____ x \$2.00

In Memory of: _____ x \$2.00

In Memory of: _____ x \$2.00

In Memory of: _____ x \$2.00

In Memory of: _____ x \$2.00

In Honor of: _____ x \$2.00

In Honor of: _____ x \$2.00

In Honor of: _____ x \$2.00

In Honor of: _____ x \$2.00

In Honor of: _____ x \$2.00

Lites of Love Total: \$ _____.

Donor Information (please print):

General contribution: \$ _____.

Anonymous

Donor Name (as you would like it to appear): _____

Donor Name : _____

Address: _____ City, State & Zip _____

Phone: _____ E-mail address: _____

Please make payable to: Aspirus Medford Hospital & Clinics or AMHC. Return Lites of Love form to Volunteer Services office. Questions? Call 715.748.8789.

