



**HSHS
Sacred Heart
Hospital**

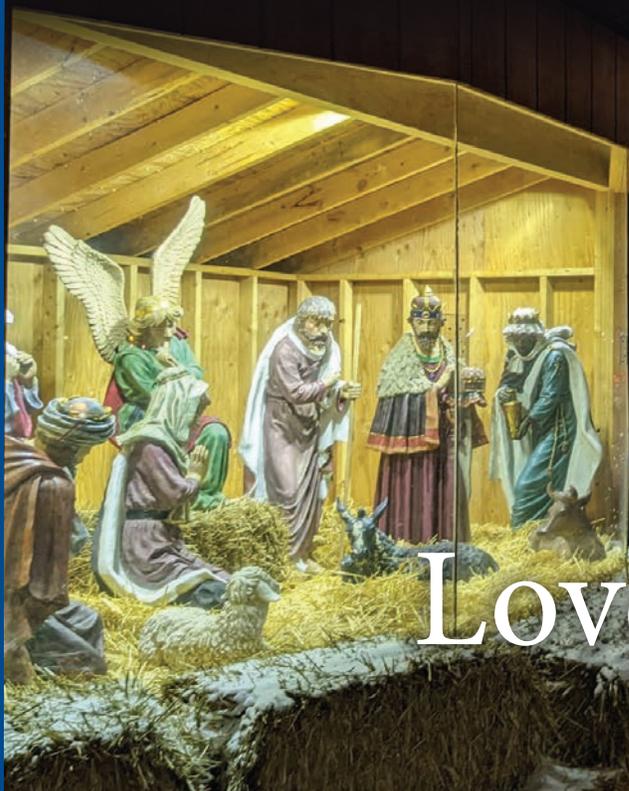
The Volunteer Partners newsletter is published three times a year to communicate information of interest and usefulness to volunteers and friends. We welcome all suggestions and comments. You may contact me at 715-225-3978 or email me at Jaci.Fuller@hshs.org Jaci Fuller, Information Desk, Newsletter Coordinator and Friendship/Welcome Committee.

**VOLUNTEER PARTNERS
MISSION STATEMENT**

In partnership with HSHS Sacred Heart Hospital, the Volunteer Partners will provide compassionate, supportive services for patients, their families and hospital staff; promote community awareness of the Hospital's mission; and raise funds for Hospital needs.

HSHS SACRED HEART HOSPITAL
VOLUNTEER
Partners

WINTER 2022



Love-Lights
2021



Dear Volunteer Partners,

On December 11, 2021, the founder of HSHS, Sister Marianna Kosior, OSF, was called to Heaven at the age of 99. In the 1970's, the Hospital Sisters of St. Francis had grown their Catholic health care ministry to 12 hospitals after their first century in the United States. But it was clear that there may not be enough religiously vowed Sisters to run our Catholic health care ministry in the future.

That's why Sister Marianna took steps to create the business entity, HSHS, so that lay people could continue to build the future of Catholic health care in our Illinois and Wisconsin communities.

In a 2006 interview, Sister Marianna said, "As the Lord served people and washed his disciples' feet, I have tried to live my life in service to others." Sister Marianna led quite an extraordinary service-focused life, and HSHS is forever grateful for her vision and careful planning that has allowed our health care ministry to grow and evolve.

While Sister Marianna left behind a remarkable legacy, her service-focused life is one of inspiration. With that, I'd like to thank you. Thank you for unwavering service you provide our patients, colleagues and Chippewa Valley community. We are truly blessed to receive the care and joy you bring.

Sincerely,

Andy Barth
President and CEO, HSHS Sacred Heart Hospital

*"Patience is the companion
of wisdom."*

~St. Augustine

A note from your President



Happy 2022!

The HSHS Sacred Heart Volunteer Partners is doing its best to navigate through the continuing COVID-19 pandemic and its variants. As you will see, we are still conducting most of our work/events virtually.

We hosted the West Central District of the Partners of Wisconsin Hospital Association (WHA) fall meeting on Nov. 4. It turned into a virtual event with unfortunately, low attendance. Attendees enjoyed hearing Senator Kathy Bernier talk about the mental health bed project she sponsored, and Lisa Wells, a dementia specialist from the Aging and Disability Resource Center in Eau Claire. Volunteer Partners Vice President Carol Dittmar was responsible the planning and success of this event.

Several sales occurred in the past few months and the Love Light program was held on Dec. 5. The Love Lights event was streamed live on Facebook and covered by TV 13. The Partners appreciate everyone who memorialized their loved ones by purchasing lights. Members of the Threshold Singers of the Chippewa Valley were in attendance and sang as we walked outside and after the lighting occurred.

We are always looking for people to fill positions on the Volunteer Partners Council. If you feel led by the spirit of the season to join a great group of people who have the good of the Hospital in their hearts and minds, please contact Brandy in the Volunteer Office.

I hope you had a wonderful Christmas with your families. May 2022 be filled with health, happiness and God's abundant blessings!

Sincerely,
Kathy Herfel
President, HSHS Sacred Heart Volunteer Partners

"Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence."- St. John Paul II

“there is nothing on this earth more
prized than true friendship.”

- St. Thomas Aquinas

VOLUNTEER PARTNERS



Volunteer Services Manager Notes...

Dear Volunteers,

Another year in the books....where did 2021 go?! Reflecting back, there have been so many challenges over the past year. The volunteer department is experiencing a transformation like no other and continues to develop each day. Due to increase patient counts and staffing issues, new roles/tasks have been requested by departments. Additionally, other volunteer roles have not been approved for reinstatement due to COVID-19. I am hopeful that 2022 will bring some more normalcy and consistency for us all.

To date, we have 44 volunteers plus handcrafters at the hospital putting in hours. Prior to the pandemic, there were more than 200. What a difference! The Volunteer Partners Council has been hard at work, looking at ways to increase philanthropy and interest in volunteering and being part of the Council. They are the core of the Volunteer Department, and maybe this is something that you would like to be a part of? Do you have ideas in which we can raise funds for the Hospital or how we can increase volunteer retention? Maybe it's a one-of-a-kind event, or your passion to reach out to the community and spread knowledge about health care in the area. Either way, we would love to talk to you more about ways in which you could help!

I have genuinely enjoyed getting to know every one of you. I have been in this role, starting at HSHS St. Joseph's Hospital, for more than 10 years now. Every volunteer that I interact with has inspired and mentored me in their ways. I have faith that the volunteer program at HSHS Sacred Heart Hospital will continue to grow in 2022 with new and returning volunteers and opening of volunteer roles. I am excited for what the New Year will bring!

Brandy Sikora
Manager, Volunteer Services



IT'S BEGINNING TO LOOK LIKE CHRISTMAS!

Using their artistic talents, council members Steve Werner, Bill McCullough, Carol Dittmar and Jaci Fuller assisted Jen Stuber and Kandy Ebert, Environmental Services Director, in decorating the Christmas tree and lobby railing.



Gift Shop News



GIFT SHOP NEWS

I was privileged enough to witness a true act of kindness. A stranger purchased a gift card; turned around and handed the gift card to someone she did not know and said, "I am praying for you." She knew nothing of the stranger's situation other than she had a loved one in the hospital. It was a small act of kindness but touched my heart seeing this very touching random act of kindness. Truth be told, I see things like this every day. Colleagues purchase a candy bar or a caramel for a co-worker having a rough day. Someone picks up a card to let someone else know they are thought about for various reasons. Colleagues use their badge to pay for something a patient needs and wave off any notion of "I'll pay you back."

It feels good to do something kind. It's not the amount of money but the selfless act that warms our heart and soul. I notice this more and more because it's the little things that make the days easier and our lives a little better. We all need to know we're heard, seen and important to somebody. Instead of making another personal resolution, make 2022 a year to recognize the importance of others. Show those around you how much they mean to you. When you ask, "How are you?" stop and really listen to their response.

Listen. Show those around you how much they mean to you. The Gift Shop can help with cards, flowers or candy because we all want to know we are thought about during the day. I am working very hard to offer new, never-before-seen companies and products in the Gift Shop and a lot of them are small, U.S. companies. When you walk through the Gift Shop, I want you to be amazed by something you never imagined you would see in a hospital gift shop. And then you can bring home a little something and just like that stranger, you too can make another person's day a bit brighter.

Make those around you feel loved, feel seen and feel important.

Jennifer Stuber
Gift Shop Coordinator



Board Updates

A TIME TO REMEMBER

The Volunteer Partners wish to extend our sincere and heartfelt sympathy to the families and friends of the following volunteers: Henrietta (Etta) Johnson, Susan Johnson and Betty J. Johnson.

Our prayers to the following volunteers who have lost a loved one or have had a serious illness: Janet Lesniewski, Mary Gervais.

May God Give You...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise
And a blessing in each trial.
For every problem life seeks
A faithful friend to share
For every sigh, a sweet song
And an answer for each prayer.

VOLUNTEER PARTNERS

PARTNERS OF WHA NEWS

PARTNERS OF WHA BUSINESS MEETING ON NOVEMBER 4, 2021

Betty Oddo, Chair of the West Central District of the Partners of WHA conducted the business meeting. The spring meeting of the West Central District of the Partners of WHA will be April 9, 2022, hosted by HSHS St. Joseph's Hospital in Chippewa Falls.

Betty Oddo announced the 2023 State Partners of WHA Convention will be Oct. 3 - 5, 2023, in Stevens Point. The West Central District is in charge. Chair Betty Oddo will contact district members regarding job assignments. Members are encouraged to submit ideas for a theme.

PARTNERS OF WHA ANNUAL CONVENTION

The 2021 Annual Partners of WHA (Wisconsin Hospital Association) Convention was held virtually on Oct. 5 - 7, 2021. Terri Donlin, Convention Chair, did an excellent job of organizing and presenting the Convention. Speaker Darcy Luoma, author of the book Thoughtfully Fit, opened the convention with an inspiring presentation. The business meeting was held followed by workshops. It is hoped the 2022 convention can be held in person.

PUBLIC POLICY AND EDUCATION

PUBLIC POLICY EDUCATION

The Christmas season seems often to be one of immense activity, time lines, requests for various types of resources, and with all combined, a time often leading to a profound feeling of stress!

As volunteers, we have certainly experienced these emotions as we have attempted to modify the way in which we fulfill our mission during this time of pandemic.

I would submit that this Council and the larger Partners of WHA (of which we are all an important part), has offered a number of activities, primarily virtual, to help us manage and/or alleviate some of the significant change in our social behavior brought on by this ongoing COVID Pandemic.

In April, the annual Advocacy Day was held virtually to offer us all the return to normalcy by virtual contact with many of our legislators. Frank Sesno, formerly with CNN, summarized his COVID-19 research from numerous interviews he conducted. In summary, he suggested that we search for the facts about COVID-19 and be reminded of the story of the "Hero's Journey", which is a story of compelling characters who journey out to meet incredible obstacles to achieve a worthy outcome- survival. This story reminds us, and is embodied in the incredible work put forward by Nurses and the other hospital colleagues who embody the strength of those "travelers".

The first Regional Volunteer conference was held in August with an outstanding presentation by Annie Meehan on the H3 Culture; Hope, Health and Happiness. Other topics included 360 Degrees of Servant Leadership, 4 Secrets to Becoming a S.T.A.R., The Six Pillars of Brain Health, Understanding Palliative Care and the Resilience and Re-Entry of Health care Volunteers.

In early October, the virtual Partners Convention was held with an exceptional presentation by the CEO Panel, moderated by Eric Borgerding, WHA President.

Importantly, 2021 offered all volunteers to be engaged in our primary mission in offering our collective voices in advocacy; support for the work of WHA in furthering legislation that is reasonable and good for the citizens of Wisconsin. H.E.A.T (Hospital Education & Advocacy Team) issued 11 alerts this year, an opportunity for our volunteers to advocate for pending legislation. One such initiative came out of HSHS Sacred Heart Cancer Center, named Koreen's

Law, introduced as Assembly Bill 718. This HEAT Alert, in early December, brought out 2,500 voices of advocacy to put a stop to the “White Bagging” practices that hinder hospitals’ ability to get medications to patients quickly and with less cost.

This is the voice of advocacy that all of our volunteers have within their grasp. There is NO good reason for not sharing your voice of advocacy through this simple response to action alerts with a suggested message to which you sign your name, and your voice is heard.

I encourage you to contact Kari Hofer, WHA Vice President—Advocacy, to get signed up. (khofer@wha.org)
I wish you and your families a very happy and healthy new year!

Thank you for all you do for volunteerism!

Bill McCullough
State Partners of WHA, Public Policy Education Chair

COMMUNITY HEALTH EDUCATION

Bronchitis is an inflammation of your bronchial tubes which carry air to and from your lungs. People who have bronchitis often cough up thickened mucus. Bronchitis may be acute or chronic.

Acute bronchitis often develops from a cold or some other respiratory infection and is very common. Chronic bronchitis is a more serious condition which causes constant irritation of the bronchial tubes, often due to smoking.

Acute bronchitis, often called a chest cold, usually improves within a week or ten days without lasting effects; however, the cough can last for weeks.

Signs and symptoms of acute and chronic bronchitis include:

- Cough
- Production of mucus which can be clear, yellowish gray, or green in color
- Fatigue
- Shortness of breath
- Slight fever and chills
- Chest discomfort

If you have acute bronchitis, you may have cold symptoms, such as headache or body aches. Your nagging cough may last for weeks.

When to see a doctor:

- If your cough lasts more than three weeks
- If coughing prevents you from sleeping
- If you have a fever higher than 100.4 F
- If you produce colored mucus or blood
- If you experience wheezing or shortness of breath

Acute bronchitis is usually caused by the same viruses that cause colds and flu. According to John M. Wilkinson, M.D. at Mayo Clinic, this contagious virus spreads as the common cold or flu spreads. To reduce the risk of catching viruses that can cause bronchitis, follow the protocol of COVID-19 infection. Avoid close contact with people, wash your hands, avoid touching your eyes, nose, and mouth and get an annual flu shot!

Source: Mayo Clinic (n.d.) Bronchitis. www.mayoclinic.org/diseases-conditions/bronchitis/symptoms-causes/syc-20355566

Sharon Schug
Community Health Education Co-Chair

VOLUNTEER PARTNERS

SPREADING HOLIDAY CHEER

WELCOMING DECEMBER BABIES

The Volunteer Partners brought good wishes and cheer to patients during the holiday season. Christmas Santa hats and stockings were delivered to the babies born during the month of December. The items were contributed by volunteer handcrafters.



CHRISTMAS GIFTS TO PATIENTS

The Volunteer Partners gave a gift of a Christmas angel ornament and bookmark with an angel poem to each patient in the hospital on Christmas Eve. Due to COVID-19, the gift could not be delivered personally but adorned the food tray for patients.

GIFTS TO FIRST BABY BORN

For the first baby born at HSHS Sacred Heart Hospital in the New Year, the Volunteer Partners gave a small gift of a plush lamb and Noah's Ark ceramic set, and \$100 into a savings account for the baby. Due to COVID-19, the gifts could not be given personally by the volunteers but were given to the parents by colleagues.



HANDCRAFTERS REPORT

The Volunteer Partners have taken on the fun project of having crafters in our area make swaddle blankets for newborns in the Women and Infants Center. In its most basic form, swaddling involves wrapping baby securely in a blanket so that only the baby's head is peeking out. The rest of the body is comfortably snug inside the blanket. Studies have been done which show that the startle reflex is decreased, which in turn keeps the baby from being "startled" awake. HSHS Sacred Heart Hospital Women and Infants Center will be teaching moms the art of correct swaddling.

Judy Peak
Handcrafters Committee Chair



VOLUNTEER PARTNERS

Past Events

FUNDRAISING EVENTS

LINEN AND BLANKET SALE

Again this year, due to COVID, the Volunteer Partners offered colleagues and volunteers an online sale for Geneva Distributing. Items such as blankets, throws, sheets and linens could be viewed on their catalog site and ordered. The items were then delivered to the hospital, where colleagues could pick up their orders in the Volunteer Services office. The Partners appreciate the participation of colleagues and profits will be used for hospital projects.

BOOK AND GIFT SALE

The Volunteer Partners sponsored a Book and Gift Sale on Oct. 18 - 19, 2021. Volunteers and colleagues were able to purchase children's books, cookbooks, toys and a variety of gifts for all occasions. Profits will be used to purchase items for the hospital. Thanks to all who shopped and to the volunteers who assisted in the sale.



LOVE LIGHTS

The annual Love Lights Ceremony was held virtually on Dec. 5, 2021 at 5:30 p.m. Kathy Herfel, President of the Volunteer Partners, gave a welcome, followed by remarks from Andy Barth, President and CEO of the Hospital. Father John Schultz led the group in the blessing of the Love Light trees. Carol Dittmar, President Elect of the Volunteer Partners, read a scripture, followed by a closing prayer by Father Schultz. The group then proceeded outside and Father Schultz said a prayer. The trees were lit, and the Threshold Singers of Chippewa Valley led the group in singing "Silent Night".

For the first time, a small tree was adorned with ornaments, in remembrance of the little lives lost in pregnancy and at birth. This will continue to be a part of Love Lights for years to come. The Volunteer Partners are appreciative of the donations by the community and the help of the volunteers in making this a successful event.

VOLUNTEER ACTIVITIES

SNACK BASKETS

On behalf of the Medical Staff, baskets were filled with snacks, assembled and delivered by volunteers to the floors of the hospital for the colleagues. Included was a note stating "On behalf of the medical staff, thank you for the hard work and amazing care you provide every day! We are grateful for all you do!" Mark Richter and Steve Werner are pictured filling baskets for the month of October. Jack Ruppelt, Hospitality Volunteer, delivered the baskets to the departments.



HAPPY BIRTHDAY

JANUARY

Sharon Schug 5
Sharon Stearns 21

FEBRUARY

Jack Ruppelt 5
Susan Donahue 10
Carol Dittmar 26

MARCH

Pat Rumpel 12
Mary Gervais 24

APRIL

Judy Peak 4
Pat Janowitz 4
Jaci Fuller 22
Russ McElroy 22
Mary Ryberg 22

*Above are the active volunteers

HELPING IN THE COMMUNITY

The Volunteer Partners of HSHS Sacred Heart Hospital, along with colleagues and staff of the Hospital, took part in community activities. The volunteers collected warm clothing, including more than 100 winter coats, hats, mittens and winter jackets which will be distributed to the needy and homeless in the area.

Volunteers also helped in the collection of non-perishable food items which were given to the local food pantry to be distributed to the homeless and needy. As in past years, the Volunteer Partners again collected school back packs and school supplies. They were delivered to school personnel to distribute to needy children in the area whose families could not afford to purchase school supplies.

Thank you to all who helped with the above projects and to all who contributed!



A NOTE OF THANKS

Thank you to Steve Werner for his assistance in preparing the newsletter and to Brandy Sikora for her help and advice. Their expertise is appreciated!



DATES TO REMEMBER

Date	Event	Location/Time
January 24, 2022	Council Meeting	9 a.m.
March 22, 2022	Council Meeting	9 a.m.
April 17 -23, 2022	National Volunteer Week	
April 25, 2022	Council Meeting	9 a.m.

VOLUNTEER POSITION

The Food and Nutrition Services Department is looking for a volunteer/s to help with some tasks in the cafeteria such as wrapping silverware and filling condiment cups. This would be one day a week or as needed and flexible days and times.

If you are interested or know anyone that would be interested, please call Brandy Sikora at 715-717-7439.

A NEW YEAR

We are wondering what
The New Year will bring -
Hoping happiness and good will
Throughout winter and spring!

With summer brings hope
And good wishes for all.
A time to follow dreams -
Then going right into fall.

So, we salute our volunteers
And our thanks to you
For all you do -
Have a Happy New Year too!

....Jaci Fuller, January 2022



BECAUSE YOU'RE SPECIAL

*We sometimes take for granted
In the rush of all we do,
And forget to say special thanks
To volunteers like you!
So we send this note to tell you
Your gifts of time and of yourself
Are special ones indeed!*

HAPPY NEW YEAR TO ALL THE VOLUNTEERS!

