

# N Volunteer News

Quarterly Newsletter for  
Gundersen Health System's  
Partners & Volunteer Services

**GUNDERSEN**  
**HEALTH SYSTEM®**

*Where Caring Meets Excellence*

Winter 2016

## From the director, Lori Van Lin



This is our last newsletter for 2016. Reflecting back, our department has seen significant changes to our team—Eileen Wiltinger, gift shop coordinator, just celebrated her one year anniversary in September and in April Ellen Kolb, program coordinator, joined our crew.

Both have brought new ideas and energy to our department. Gundersen Partners President Maria Runde will complete her two-year leadership term the end of this year and we are very grateful for all she has accomplished to move Partners forward to the benefit of our patients, families and community.

One change that didn't occur was our departmental move to 4 West. The move was cancelled so for now we will be staying put, but you may notice a few changes within our office areas the next time you stop by! Overall our organization has celebrated many accomplishments. The Best of La Crosse County 2016 survey celebrates services, dining, entertainment and

many other categories in our community. Gundersen was tops in several categories:

- Best Place to Volunteer (2nd)  
First place was Coulee Region Humane Society whose Pet Therapy Program partners with our Gundersen Volunteer Services to provide pet visits to patients.
- Best Medical Center
- Best Optical Center
- Best Counseling Services
- Best Pediatrician/Family Doctor – Kelley Bahr, MD; Steven Manson, MD; and Rajiv Naik, MD, placed second and third, respectively, in this category
- Best Physical Therapist – Kristen Brinks
- Cheng Her, MD, placed second as Best Healthcare Professional,
- John Purdue, OD; and John Sterling, OD, placed second and third, respectively, as Best Eye Doctor.

I wish each of you a wonderful upcoming holiday season. May the year 2017 bring you joy, health and the knowledge that what you do touches the lives of others!

My thanks, Lori

## Mandatory education

Mandatory Education Update: You'll receive an email with the materials attached including the sign off sheet. If you have recently changed your email address, please let us know. For those of you who do not have an email address, a packet will be mailed to your home.

## Keep your hours updated

Reminder to all volunteers to update their hours (even though they don't want to take the credit, it is necessary for us to have accurate hours recorded); and 2) a reminder to volunteers to keep us informed with any address, email and phone number changes.

## Winter Safety Tips

*By: Valerie Grimm, Trauma and Injury Prevention intern and Erica Kane, Trauma and Injury Prevention coordinator*

Winter weather in the Midwest can be unpredictable. With winter comes snow, and ice, and unfortunately, slips and falls. One of the most common winter hazards is the potential to slip and fall on patches of ice and snow, causing bumps and bruises, broken bones, or even traumatic brain injuries. So what can we do to avoid these falls? Below you will find three tips to move about safely on slippery surfaces this winter.

### 1. Choose the right shoes

Choose the boots or shoes that will give you the greatest traction. Yaktrax® are a lightweight and easy to use ice-traction device that are attached to boots or shoes bottoms to provide greater stability while walking on snow or ice. Retail prices for Yaktrax® are around \$20-30 and can be found at your local sporting goods store, or at [www.yaktrax.com](http://www.yaktrax.com).

### 2. Walk like a penguin

When walking on ground that is slippery from ice or snow, take short, shuffling steps, and walk as flatfooted as possible. The “penguin waddle” keeps your center of gravity over your front leg and will help keep you upright. Taking smaller steps, spreading your feet out slightly, and keeping your hands out of your pockets will also improve your balance and reduce your chances of slipping.

### 3. Take the path of least resistance

Look for the safest route to your location and into the building. Use the sidewalk or entrance that is shoveled and salted, even if it means a longer distance. Use handrails when walking up stairs, and be sure to carefully plant the entire foot firmly with each step.

**Finally, be the advocate for your own safety and remind property managers to keep their walkways safe.**



# Volunteer News

## Teen Corner

By: Karol Fox, Program Coordinator

Each year in February, Volunteer Services hosts their annual Valentine's Day Carnation Sale. The event is sponsored by Partners of Gundersen Health System. This year we were able to honor seven teen volunteers with merit awards. Here are this year's recipients.

These teens have volunteered consistently for greater than two years, served in various areas such as mail and flower delivery, community events, transports, trained new volunteers, recruited volunteers, piloted new volunteer sites, represented volunteering in a positive manner and served as a role model for others. Special thanks to all the volunteers who helped with the sale and to those who purchased carnations.

- Danielle Earp, Onalaska High School. Attending University of St. Thomas in Saint Paul, Minn.  
Goal: Undecided
- Alivia Fuhrman, Onalaska Luther High School. Attending University of Minnesota Twin Cities and double major in dance and psychology.  
Goal: Sports psychology
- Audra Gaikowski, West Salem High School, attending, University of Minnesota Rochester to study health sciences.  
Goal: Physician assistant (PA)
- Kristi Her, Central High School, La Crosse. Attending UW-Madison, pre-med.  
Goal: Pediatric cardiologist
- Alyssa Houskamp, Onalaska High School, Onalaska. Attending Dordt College.  
Goal: RN in Labor and Delivery
- Natalie Peek, Central High School, La Crosse. Attending Viterbo University,  
Goal: Medical field
- Stephanie Zhao, Holmen High School, Holmen. Attending Tulane University in New Orleans;  
Goal: MD

**VOLUNTEER SERVICES AND GUNDERSEN PARTNERS PRESENT**  
**VALENTINE'S DAY CARNATION SALE**  
**Friday, February 12**  
**Assorted carnations with green and tissue wrap**  
**\$2 (includes WI sales tax)**

8:30 a.m.-4 p.m. (while supply lasts) - Outside Hospital Dining Room  
8:30 a.m.-noon (while supply lasts) - Lower Level, Hospital  
10 a.m.-1 p.m. (while supply lasts) - Lower Level Conference Room, Gundersen Onalaska Clinic  
10 a.m.-12:30 p.m. (while supply lasts) - Conference Room 1035A, Support Services Building, Onalaska

Pre-sale order forms are available at Employee Information Center and Volunteer Services or on Gladiolox.  
Pre-sale orders are encouraged. Forms are due by Friday, Feb. 5. Make checks payable to Gundersen Partners.  
Free delivery beginning at 10 a.m. on February 12 for advance sales only on the La Crosse and Onalaska Campuses.  
Advance orders for \$58 should be picked up in Conference Room 1035A, beginning at 10 a.m. No delivery available at \$58.  
Questions? Contact Karol Fox, La Crosse, ext. 56755; Tricia Krueger, SSB, ext. 58774 Chrissy Nelson, Onalaska, ext. 57267.  
Proceeds benefit Gundersen Partners Teen Volunteer Scholarship Program.  
Flowers supplied by Floral Visions.

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Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | 981-7, 2016

# Volunteer News

## You make a difference in the dash.

Life is short. In the scheme of things this oft quoted saying must be true. Our planet has been here for millions of years – our universe billions.

On our headstones will be the etching of when we were born and the date when we died.

For example 1960 – 2050

What matters to me are not the two years mentioned. It is the dash. That little dash. -

That's our life. That represents to me the short time we have, here, to make a difference, or not.

And making a difference means so many different things to so many people.

But for you, the volunteer, what you do during that dash is most significant.

You can give me money for my cause. Sure. But I may pay that back to you. Say you give a dollar a month. It is appreciated without doubt. It is your dollar. However you may pick it up elsewhere. Something extra you do. Some other way of earning that buck.

But how do we give back time?

As a volunteer you give time.

Time. The most precious resource in our lives.

Look at the dash. How many hours are in there? It's not billions. It's not infinite.

Money can be printed. Time cannot.

Once you give an hour of your time it is lost forever. That hour you just gave volunteering will never be replicated.



Your time volunteering must be valued but we can never put a value on that time.

How can you value something that is priceless?

As a volunteer you bring much to this organization. Skills, advice, experience, friendship, vision, leadership, inspiration etc.

That you bring. But time you give.

In our time poor world you bear the gift of time.

You choose to donate the most precious commodity in the known universe.

We may count your time in numbers. We may attempt to count your time in cash value.

Though such methods have their reasons we will all be poorer if we don't realize that the giving of your time is simply and utterly magnificent.

So today, we take a little time out to thank you for the amazing "time in" that you give.

Truly, thanks for your time!

© DJ Cronin 2010  
Brisbane Australia

## Sympathy to:

Family and Friends of Marlys Jennings, Volunteer and Partners member

Jan Schneider, Volunteer and Partners member on the death of her husband

Joyce Kammel, Volunteer and Partners member on the death of her sister

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## Did you know

At the end of July, Kathy and Ron Christensen processed the United Way mailing to 6,883 employees at Gundersen Health System? The mailing entailed folding the donor form, inserting a united way pamphlet and stapling the form and pamphlet to a cover letter.

They also needed to keep the mailing in order by mailstop, department number. Kudos to Kathy and Ron!

# Partners News

## Maria Runde, president of Gundersen Partners, the Health System Auxiliary



Happy Autumn! I have recently sent my eldest son off to college in Madison and have performed in Sister Act at the La Crosse Community Theatre. Both of these events were emotional and momentous in their own ways. My final act as your president of Gundersen Partners is soon approaching. I will pass the

gavel to another deserving individual in December at our Membership Meeting. Invitations will be sent to Partners members, and all volunteers are welcomed to join us by calling the Partners office for information.

As the gift-giving season approaches, might I suggest a few gift ideas that benefit both you and us? You can help Partners achieve our fundraising goals so that we may continue our mission of supporting healthcare education and enhancing patient care by:

- Buying a friend a membership

- Purchasing one or more lights on our Love Lights tree
- Making a donation in someone's name
- Making gift purchases at our fundraising events such as candy and jewelry sales
- Buying a gift certificate or shopping in our Gift Shop

### Here is an additional way to participate...

Did you know that Gundersen Partners has had a bridge group for over 50 years? It was started by what was known at the time as the "Senior Auxiliary" as a way to socialize and to raise money. While it is no longer a fundraiser for us, playing bridge is a wonderful means to remain social and to exercise mental "muscles." We encourage you to give it a try! The bridge group is welcoming new members to join in the fun. If you are interested in becoming a bridge team member, simply call our Partners office at (608) 775-3602. Experienced and novice players welcomed!

## Love Lights

Looking for a unique way to honor, commemorate or thank someone during the holiday season?

You can purchase Love Lights from Partners and let your love shine brightly. When you purchase a Love Light the names of those honored, thanked or remembered

will be displayed in a commemorative book

located next to the Love Light Tree and also published online. At your

request, a special acknowledgment card will be sent to the person being honored or to the

family of a loved one. Order forms will be available and online at [gundersenhealth.org/partners](http://gundersenhealth.org/partners) in early November.

All proceeds benefit Partners' charitable contributions.



## Welcome New Partners Members

Grace Spencer and Maureen McDowell

# Partners News

## From the Gift Shop coordinator: Eileen Wiltinger



It's hard to believe but summer has come and gone and we are now into fall. Cool days and colder nights are upon us. In the gift shop we are preparing for the seasons to come as well. Fall displays are here and before you know it Christmas décor will adorn the shop.

I wanted to introduce you to some products that we carry in the shop that help with stress, anxiety and general wellness. The first item is the Swing Into Shape exercise videos and Gentle Yoga video. The exercise routines are designed and narrated by Linda Larson, MS, registered clinical physiologist and wellness education specialist at Gundersen. There are three videos to choose from in the series. Along with the Gentle Yoga video these exercise videos are designed to improve your health by getting 30 minutes of physical activity and helping to improve your day to day function.

The second product is essential oils. We carry essential oils that Gundersen uses with patients in the hospital and clinic. These oils are from plants grown without chemicals. The oils help to balance your body through the sense of smell. The oil triggers part of the brain that deals with mood, emotion, memory and learning. Essential oils are not meant to be a substitution for

medical treatment but can be used in conjunction with other therapies. We carry 13 different blends of oils in the shop.

The third item is For Tea's Sake tea. This is a premium loose tea that comes in exclusive flavors. It is a supreme quality tea with no artificial flavoring contains no GMOs and is gluten free. We have available everyday blends, wellness blends as well as artisan. There are green teas, oolong, black, herbal and rooibos blends. Green tea offers a powerful infusion of anti-oxidants. For Tea's Sake Caffeine-Free Oolong Teas are a great addition to your daily health and wellness regiment. Along with the great selection of teas we also have mugs, teapots and filters for brewing.

As the holiday season comes upon us make sure we are taking care of ourselves. All of the items I have talked about would make a great present to yourself or a loved one. All volunteers qualify for a 10 percent discount on the teas and essential oils as well as all giftware in the shop. Stop by the shop today to check out our great selection.



## Items needed for activity kits

Oftentimes hospitalized patients have needs that cannot be met with medications, procedures, and treatments. There are situations when a simple activity can provide comfort, a sense of calm, or even fun. Over the past several years, Partners has provided hospitalized patients with items that engage them in an activity to distract them from pain, anxiety, suffering, loneliness, or boredom. Through generous support, thousands of decks of cards and stress balls and hundreds of crossword puzzles and markers have been distributed.

Although, items are purchased on a continual basis to replenish the inventory, supplies dwindle. Would you like to help and support this project with a donation of one of the following items?

- Decks of playing cards
- Uno cards
- Boxes of markers
- News pencils and pencils with non-latex erasers

To comply with infection control guidelines and protect patients, all items must be new.

**Questions? Contact Vicky Jensen, Partners.**

## Thanks to you and Gundersen Partners, students receive college scholarships

Gundersen Partners, the Health System Auxiliary, has awarded \$10,000 in total scholarships to 11 children of Gundersen Health System employees. Since its inception, the auxiliary has presented over \$130,000 to students studying medicine or healthcare-related fields. "Providing scholarships, especially those to children of Gundersen employees, is one of Partners' many proud achievements," says Partners president, Maria Runde. "We strive to continue awarding these scholarships with funds raised by Gift Shop sales and fundraisers throughout the year, as well as through growing our membership."

Recipients were recognized for academic, character and community excellence. The scholarships are awarded annually prior to the fall semester. Recipients are:

- Emily Dolan, is attending the Medical College of Wisconsin, Green Bay. She is the daughter of Michael Dolan, MD. She is training to become a physician.
  - Laura Helstad is attending Bethel University, St. Paul, Minn. She is the daughter of Sheryl Helstad and is pursuing her Bachelor of Science in nursing.
  - Rachel Lukas is attending University of Minnesota, Twin Cities. She is the daughter of James Lukas. She is pursuing a Doctorate of Pharmacy degree.
  - Samuel Mahr is attending Viterbo University and is the son of Todd Mahr, MD. He is pursuing a master's degree in mental health counseling.
  - Haley McKee is attending the University of Minnesota Duluth, Duluth, Minn. She is the daughter of Michael McKee and is studying to become a master's prepared speech-language pathologist.
  - Angela Zenke is attending the University of Wisconsin-Eau Claire. She is the daughter of Kathy Zenke. She is pursuing a Bachelor of Science degree in nursing.
- Jada Blokhuis will be attending Northern Arizona University in Flagstaff, Ariz. She is the daughter of Jill Blokhuis and plans to study bio-medical sciences.
  - Mattie Krause will be attending University of Wisconsin-La Crosse. She is the daughter of Leanna Krause and plans to study bio-medicine, pre-med.
  - Anna Skroch will be attending UW-La Crosse. She is the daughter of Janet Skroch and plans to study biology.
  - Mackenzie Sullivan, will be attending University of Wisconsin-Madison. She is the daughter of Mark Sullivan and plans to become a doctor.
  - Lane Wohlrab will be attending the University of Wisconsin-Oshkosh. He is the son of Cory Wohlrab and plans to pursue his Bachelor of Science in nursing.

For more information about Gundersen Partners and the great work they do, visit [gundersenhealth.org/partners](http://gundersenhealth.org/partners) or call ext. 53602 or email [vajessen@gundersenhealth.org](mailto:vajessen@gundersenhealth.org).



## Calendar of Events

### October

- 4** \*Simply Sweet Candy Sale – Onalaska SSB
- 5** Simply Sweet Candy Sale – Legacy Building, lower level
- 6** Simply Sweet Candy Sale – Onalaska Clinic
- 7** Blood Drive at Onalaska Clinic
- 18** \*Lionne Design Sale – Onalaska SSB
- 19** Lionne Design Sale – Legacy Building, lower level
- 24** Flu shots available for employees and volunteers through Employee Health Services
- 26** Partners Western District Meeting at Black River Beach Neighborhood Center
- 31** Happy Halloween

*\*Simply Sweet Candy treats from around the world provided by D&D Candy Outlets. Proceeds benefit Partners*

*\*Lionne Designs jewelry is handcrafted in sterling silver and 14k gold-filled designs set with beautiful gems and natural stones. Because each design is handcrafted, no two pieces are ever exactly alike making each piece of jewelry a work of art.*

### November

- 7-9** \$6 and Up Jewelry Sale, Legacy Building, lower level

- 10-11** \$6 and Up Jewelry Sale, Onalaska SSB. Check out the fabulous buys from HCI Fundraising. Something for everyone! Proceeds benefit Partners
- 24** Happy Thanksgiving; Volunteer Services closed

### December

- 5** Blood Drive at main campus, Legacy lower level
- 6** Blood Drive at main campus, Legacy lower level  
Your blood donation can help save lives. To meet the needs of patients throughout our state, Blood Center of Wisconsin must see more than 800 donors a day. Giving blood is a quick and enriching way to give back to your community. You will feel great knowing that you've helped give patients hope for better health. To schedule an appointment or to learn more call (877) 232-4376.
- 12** Love Light Celebration and Partners Membership meeting
- 15** Blood Drive at Onalaska Clinic
- 23** Clinic open until noon
- 25** Merry Christmas
- 26** Volunteer Services closed (Christmas observation)

### January 2017

- 1** Happy New Year
- 2** Volunteer Services closed (New Year observation)

## Calling all veterans

If you've served in the military, we'd like to know. Please stop by the office or email [kjfox@gundersenhealth.org](mailto:kjfox@gundersenhealth.org).

### Contributors to Volunteer News

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