By Lori Van Lin, director of Volunteer Services

As I write this article, we are in the final stages of our department move. Hopefully, by the time you receive this newsletter we will be settled into our new location! The Volunteer Services and Partners Office, Volunteer Project Room, Escort Services, and Gift Shop Inventory Room have relocated. Our new home is one level up and to the west—on Level 4, west wing of the Heritage portion of the medical center. This location is just to the right of Elevators F as you exit on the south side.

Our last move was June 2001, so we have been very fortunate to stay in one location for such a long time, with all the construction and moves throughout the medical center! Pediatric Specialties will expand into our former location; what better reason to move than to allow more providers and services for our youngest patients?

We are excited about this new space and hope you will be as well. It allows us to expand our Escort Services operation for increased response time. We are also able to take on additional patient education projects in the new Project Room space. Our sincere thanks to you for your patience, support, ideas and suggestions during this transition.

In closing, thank you for answering the call of service to our patients, families and staff. You share the ultimate gift—yourself!

My thanks, Lori

Taking part in the 2017 Steppin’ Out in Pink walk are (L-R) Nancy Burgett, Linda Arentz, Mary Jo Klos, Eileen Wiltinger and Maria Runde.

The Partners in Pink raised $925 for the SOIP fundraiser
Healthy News Options for You

Gundersen Health System’s website (gundersenhealth.org) has an assortment of healthy information available. There are newsletters from a variety of departments, Upcoming Events information, Healthy Living Articles, recipes and much more. Click the Health & Wellness tab to take advantage of this service.

One example of a newsletter you may enjoy is the Community & Preventive Care Services newsletter. Prevention Connection is filled with information about Gundersen Health System wellness programs and helpful tips to keep you and your family healthy. Prevention Connection is a quarterly newsletter that can be mailed to your home. If you’d like to receive Prevention Connection, please send an e-mail to wellness@gundersenhealth.org or call Kathy Stuempges at (608) 775-4717.

Volunteer Recognition Survey update

In August each of you received a Volunteer Recognition Survey, asking for your input on the 2017 event. Thank you for your time and comments; we look forward to incorporating some of your terrific ideas in our Volunteer Recognition Event 2018. By filling out the survey, there was an option to win a door prize; Carol Swayne who volunteers in Spiritual Care was the lucky recipient of a $25 gift certificate to the Gift Shop. Thank you again to everyone for participating.

Teen Corner

By Karol Fox, program coordinator

Our annual Valentine’s Day Carnation Sale was held last February. The fundraiser is supported by Gundersen Partners who designates the proceeds to the Teen Volunteer Merit award program. This year, 28 of our teen volunteers graduated and we were able to honor 12 with merit awards.

The recipients of the merit award consistently went above and beyond in their volunteer dedication, as well as volunteering routinely while participating in sports, music, clubs, had jobs and maintained good grades. Many of the recipients have volunteered since they were 14. I’m very proud and grateful for their devotion and commitment. I believe volunteering has influenced their lives, their career choices, and importantly they know what a difference a smile can make. The recipient’s names, high school they graduated from and future plans are listed below.

Beau Clemmensen, graduated from Onalaska Luther High School, attending University of Wisconsin-River Falls, Major Biology and Biomedicine, Goal Healthcare

continued on page 3
Volunteer News

Tessa De Souza Machado, graduated from La Crescent High School, attending University of Minnesota-Minneapolis-Saint Paul, Major Biomedical Engineering

Melissa Edgar, graduated from La Crescent High School, attending Viterbo University, Major Biology with Minor in Spanish, Goal Healthcare

Tayler Garves, graduated from Onalaska High School, attending UW-La Crosse, Goal working with and helping people in a career in the medical field

Carolyn Knobloch, graduated from Central High School, attending UW-La Crosse, Major Elementary Education

Gabriel Koehne, graduated from Aquinas High School, attending University of St. Thomas, Major Exercise Science

Kelsey Paulus, graduated from Central High School, attending University of Utah, Goal Physician Assistant in Orthopedics

Akshith Mandepally, graduated from Central High School, attending UW-Madison, Major Biomedical Engineering, Goal Physician

Tianna Rasmussen, graduated from Onalaska High School, attending UW-Stout, Major Graphic Design

Mikaela Schlesinger, graduated from Aquinas High School, attending Gonzaga University, Major Healthcare

Paige Weymiller, graduated from La Crescent High School, attending UW-Eau Claire, Major Bachelor of Science Nursing

Laura Winkler, Home school, attending Southwest Technical College, Goal nurse midwife

Special thanks to Gundersen Partners for their continued support and to our volunteers who assisted with the sale and to those who purchased carnations.

Lastly I’d like to wish everyone a healthy and happy holiday season and New Year. During these times where sometimes we seem to have more questions than answers, there are still many things to be grateful for.
Volunteer Satisfaction Survey

Alec Gorski’s Senior Exit Project from West Salem high school resulted in some interesting findings. Alec had 94 participants in his Volunteer Satisfaction survey, the breakdown of Females and Males is 26 Males participated, four were ages 14-20, two were ages 50-65 and 20 were ages 65 and older. Female breakdown was 20 participants were ages 14-20, 9 were ages 50-65 and 39 were ages 65 and older.

In the survey he asked why people volunteer? Many of the adult volunteers responded “other” and said they volunteered to help Gundersen staff that has given so much in terms of their own health. A common response from teen group was a desire to go into the medical field. 100% of the volunteers agreed, they look forward to volunteering.

Ninety-nine percent of the volunteers agreed they have formed some new relationships through their volunteer experience at Gundersen Health System.

**REASON FOR VOLUNTEERING**
- Giving back to community – 73%
- Resume building – 10%
- School requirement – 8%
- Other – 9%

**WHILE VOLUNTEERING IN A HOSPITAL SETTING, DO YOU FEEL MORE AWARE OF YOUR HEALTH AND MORE LIKELY TO BE INFORMED OF POSSIBLE ILLNESS PREVENTION?**
- Yes – 79%
- No – 21%

**HAVE YOU SEEN ANY CHANGES IN YOUR HEALTH SINCE YOU BEGAN VOLUNTEERING?**

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<thead>
<tr>
<th></th>
<th>Females</th>
<th>Males</th>
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<tr>
<td>65 years and older</td>
<td>Great – 90%</td>
<td>Great – 77%</td>
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<tr>
<td></td>
<td>Alright – 10%</td>
<td>Alright – 23%</td>
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For the teen volunteer population, they were asked what was one thing they learned by volunteering at Gundersen. The results are uplifting.

- How to communicate with a variety of demographics of individuals.
- Not everyone is living in luxury.
- A smile can go a long way.
- The importance of helping those in need.

Alec’s final comment on his report was one that surprised him “Some days I feel as though I didn’t do enough to help that patient.”
Take care of the skin you’re in

Skin care often takes a back seat once the summer sun has set and you think it is safe to pack away the sunscreen. But, sunscreen is just as important in the winter. Winter sun, combined with snow glare, can still damage your skin. You should still be applying a broad-spectrum sunscreen (with a minimum SPF of 30) to your face and hands (if they’re exposed) about 30 minutes before going outside. Reapply sunscreen every 2-3 hours if you stay outside for longer periods.

But, the biggest complaint about winter skin is dryness! The best thing you can do for dry skin is to moisturize more. Find an “ointment” moisturizer that’s oil-based, rather than water-based, as the oil will create a protective layer on the skin that retains more moisture than a cream or lotion. But choose your oils with care because not all oils are best for the face.

Look for “non-clogging” or “non-comedogenic” oils, like avocado oil, mineral oil, primrose oil, or almond oil. You can also look for lotions containing “humectants,” a class of substances that attract moisture to your skin. Don’t forget your hands and feet – these areas need even more moisture in the winter months. And last but not least, your lips become easily chapped during winter. Use a lip balm to keep lips moisturized and prevent them from drying out.

Other tips for healthy winter skin are to place a humidifier in your home to get more moisture back in the air, and to cool down those superhot showers or baths and remember to moisturize immediately after.

For more information on your skin visit gundersenhealth.org/dermatology.

Have you ever considered…
Being a Hospice Volunteer?

Gundersen Health System Hospice is looking for people who wish to devote some time to help make a difference in the life of a hospice patient and their family.

Hospice volunteers are an integral part of hospice care. They help to provide support to hospice patients and their families to enrich the patient’s quality of life in each stage of their journey. The visits that hospice volunteers make to our patients in the comfort of their own homes, or wherever they chose to live can provide a little respite to our families during a difficult time.

You can make a difference in the life of a hospice patient
Upcoming Hospice Volunteer training is: Monday, Oct. 16, from 4 to 8 p.m. at the La Crosse Hospital.

Please note: Prior to the in-person training, there is an on-line educational presentation that will need to be completed PRIOR TO the Oct. 16 class. This will be sent to you as a link via email or can be done in person at Gundersen Health System. Contact Lori Van Lin in Volunteer Services at (608) 775-3697 for more information or to register.
Thanks to you and Gundersen Partners, students receive college scholarships

By Partners president, Mary Jo Klos

Gundersen Partners, the Health System Auxiliary, has awarded $10,000 in total scholarships to children of Gundersen Health System employees studying medicine or healthcare-related fields.

“Gundersen Partners is both honored and privileged to contribute to the educational experience of these exceptional scholars,” says Partners president, Mary Jo Klos. “We thank and acknowledge all of this year’s outstanding applicants. Our scholarship program is an important way in which we demonstrate our belief in the importance of healthcare education. We congratulate each recipient and eagerly look forward to their amazing journey as healthcare professionals.”

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

Morgan Dunlap, daughter of Michelle Dunlap. She will study nursing at South Dakota State University.

Taylor Fassbinder, daughter of Susan Fassbinder. She is studying for her doctorate in nursing at Clarke University in Dubuque, Iowa.

Gabrielle Koehne, daughter of Kathy Koehne. Gabrielle will study exercise science at University of St. Thomas-St. Paul.

Max Koss, son of Jeraldine Koss. Max will study biology and chemistry at University of Wisconsin-Madison.

Mattie Krause, daughter of Leanna Krause. She studies biomedical science and pre-med at UW-La Crosse.

Akshith Mandepally, son of Anita Rajanala. He will study biomedical engineering at UW-Madison.

Haley McKee, daughter of Mike McKee. She is studying for her master’s degree in speech-language pathology at University of Minnesota-Duluth.

Hanna Mueller, daughter of Kurt Mueller. She is studying for her master’s degree in speech-language pathology at University of Iowa, Iowa City.

Mikaela Schlesinger, daughter of Janice and Tom Schlesinger. She will study biology and pre-med at Gonzaga University, Spokane, Wash.

Gage Stuttgen, son of Lynda McNamer. Gage studies biochemistry and math at UW-LaCrosse.
Where are they now?
By Marilyn McElligott, Partners historian

The Employee’s Children’s scholarship program started in 2004; the scholarship applications are open to the employee’s children of Gundersen Health System who are pursuing health care careers. Annually, $10,000 would be awarded, based on specific criteria.

**Nathaniel Schwartz** son of Kris and Jerry Schwartz. Kris is a RN in Pre-op Unit, Kris says: “Thank you for having this great employee benefit that assists our children with their educational expenses as they pursue a career in the health care field.”

**Schools attended:** Graduated from UW-Eau Claire with a Bachelor of Science in Biochemistry/Microbiology

**Currently attending:** University of Wisconsin School of Medicine and Public Health in his fourth year. Nate is in the Wisconsin Academy of Rural Medicine (WARM) program with a focus of Family Medicine. Nate is based out of Gundersen Health System in La Crosse or his third and fourth years.

**Mark Sauer** son of Jim and Dee Sauer (Dee is a RN in OB/Nursery)

**School attended:** UW-Madison, Major Nursing

Mark is working at the V.A. hospital in Madison and loves his job!

Welcome New Partners Members
Michael McKee, Jacklyn Daniels and Emily Klug

Partners Bridge Club

Partners Bridge Club has been around for more than 50 years and is a great way to meet other Partner members and have some fun while enjoying a good game of bridge. If anyone would like more information about the Partners Bridge Club, please call Vicky Jessen at (608) 775-3602.

Simply Sweet Candy Sale

**Onalaska Support Services Building**
- Tuesday, Oct. 3, 9:30 a.m. to 2:30 p.m.

**Legacy Building Lower Level**
- Wednesday, Oct. 4, 9:30 a.m. to 3 p.m. and
- Thursday, Oct. 5, 10 a.m. to 5 p.m.
Just around the corner ... Love Lights 2017

Love Lights is a great way to honor, commemorate or thank someone special this holiday season. Purchase a Love Light from Gundersen Partners, the Health System Auxiliary, and let your love shine brightly.

Partners has sponsored the annual Love Light Tree for decades. Donations for Love Lights can be made throughout November and December. Your Love Lights help Partners provide student scholarships, Diversional Activity Kits, Baby Dolls for Restless Souls and so much more.

A gift of $5 is suggested for individual commemorations or six for $25. The names of those honored will be displayed in a commemorative book located near the Love Light Tree and published online at gundersenhealth.org/partners. Again this year, special acknowledgement cards will be sent to the people being honored or to the family of a loved one, upon request.

Look for information and order forms in early November. Order forms will also be online at gundersenhealth.org/partners.

The annual Love Light Tree Celebration will be held Monday, Dec. 11 at 2 p.m. in La Crosse Clinic Lobby. All are welcome to join in this special dedication ceremony.
The leaves are falling and autumn is calling. It seems like yesterday the Gift Shop was setting up fairy garden displays and summer wind chimes and now we are preparing for fall. We have lots of new fall fashion and décor in the shop. The Gift Shop has teamed up with Global Partners to offer some goods produced in the countries they are a part of. Right now we have baskets made in Ethiopia. They come in several different sizes and the sales of these baskets support both Partners, the Health System Auxiliary, as well as communities served by Gundersen Global Partners.

We also have new Wisconsin Badgers, Green Bay Packers, Minnesota Vikings and Iowa Hawkeye products in the shop for the sports fan. We have also started carrying a new product line from D’ears. The line includes ornaments, earrings and necklaces. The pieces feature artwork on a durable and lightweight brass or steal metal shape. Some of the artwork is recognizable some is graphical and others are original. All pieces are handcrafted in Finlayson, Minn.

The Gift Shop had a busy summer and we expect the fall to be just as busy. We were fortunate to have a group of teens fill in for summer vacations and take extra shifts but they will be heading back to school. Please give me or Lori Van Lin a call or stop into the shop if you have thought about volunteering. We have a variety of shifts available whether you are looking for just one day a month or several days a month.

**Diversional Activity Kit supplies are needed**

Gundersen Partners is accepting new, sealed Uno cards and new decks of playing cards and new markers for the Diversional Activity Kits. These kits are provided by Partners for hospitalized patients’ use. They offer patients activities that provide distraction from the discomforts of hospitalization. These kits increase the therapeutic engagement between staff and patient through a joint activity (e.g. playing a card game and increase patient/family satisfaction as care activities are individualized to meet patient needs.) These items decrease restlessness, confusion, and/or agitation by allowing the patient activities that are perceived as “fun” (e.g. card games).” Contact Vicky in the Partners office at (608) 775-3602 for drop off information.

Thank you
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>October 3</td>
<td>D &amp; D Candy Sale, Onalaska Support Services Building</td>
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<tr>
<td>October 3-5</td>
<td>Partners of WHA Convention, Green Bay</td>
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<tr>
<td>October 4-5</td>
<td>D &amp; D Candy Sale, Legacy Lower Level</td>
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<td>October 5</td>
<td>Blood Drive at Onalaska Clinic</td>
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<td>October 6</td>
<td>All Employee Celebration, Deuces Wild Dueling Pianos 6:30-10 p.m., La Crosse Center</td>
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<td>October 7</td>
<td>All Employee Celebration, Family Carnival, 1-5 p.m., La Crosse Center</td>
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<tr>
<td>October 25</td>
<td>Partners of WHA Western District Meeting, Prairie Du Chien</td>
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<td>October 31</td>
<td>Halloween</td>
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<tr>
<td>November 1</td>
<td>Pathway to Healthcare Careers, 5:30-7:30 p.m. ICE House (register at scenicriversahec.org)</td>
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<td>November 13-15</td>
<td>$6 Jewelry Sale, Legacy Lower Level</td>
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<tr>
<td>November 16-17</td>
<td>$6 Jewelry Sale, Onalaska Clinic</td>
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<td>November 20</td>
<td>Lionne Design Sale, Legacy Lower Level</td>
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<td>November 23</td>
<td>Love Lights on sale until the end of the year</td>
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<td>December 11</td>
<td>Membership meeting, Overholt Auditorium</td>
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<tr>
<td>December 11</td>
<td>Love Light Celebration, Main Clinic Lobby</td>
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<tr>
<td>December 14</td>
<td>Blood drive Onalaska Clinic</td>
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<td>December 18</td>
<td>Blood drive La Crosse Campus, Legacy Lower Level</td>
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<tr>
<td>December 19</td>
<td>Blood drive La Crosse Campus, Legacy Lower Level</td>
</tr>
<tr>
<td>December 20</td>
<td>Blood drive La Crosse Campus, Legacy Lower Level</td>
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<tr>
<td>December 22</td>
<td>Clinic open until noon</td>
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<tr>
<td>December 25</td>
<td>Merry Christmas</td>
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<td>January 1</td>
<td>New Year's Day</td>
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**Calendar of Events**

**Contributors to Volunteer News**
Lori Van Lin
Karol Fox
Marilyn McElligott
Eileen Wiltinger

**Volunteer Services**
(608) 775-6755

**Partners**
(608) 775-3602