Meet your Friends of UnityPoint Health-Meriter Advisory Council

Advisory Council of the Friends of UnityPoint Health-Meriter and Volunteer Services Staff met at the Child/Adolescent Psychiatric Hospital on May 25th!

Front Row: Brenda Johll (new member!!), Laurie Ingwell, Jane Wise, Diane Tupper, Louise Hill-Strutz, Jeanne Silverberg and Barbara Bruce

Back Row: Julie Hannifan, Dennis Ganshert, Isabel Hubbard, Tom Royston, Phil Ingwell and Rod Witte

This photo was taken in the Healing Garden in a seating area under wind sails where patients, families and staff congregate for therapy and visiting times.

Advisory Council approved funding to assist in the design and construction of this unique area.

Important Dates

**Nutman**
- June 28—MBC & SWR
- June 29, 30—SWR only
- August 30—MBC & SWR
- August 31, Sept. 1—SWR

**Dimples Imports—Jewelry**
- July 13—MBC only

July 4—Volunteer Services Office CLOSED
July 15—Blood Drive in Classroom 9 McConnell Hall

Have an awesome Summer!
Friends of UnityPoint Health-Meriter Healthcare Scholarship Recipients—2016


These recipients were unable to attend the reception! Alexis Alt—Verona, Mackenzie Birkrem—Sun Prairie and Bailey Smith—Verona

Don Haugen Scholastic Award for Exceptional Volunteerism!
Akash Pattnaik—Middleton Manlu Liu—Madison West
Thirty-four High School Seniors will be attending college this fall with financial support of $1,000 each thanks to the Friends of UnityPoint Health—Meriter volunteer program.

Gratuities received from Greenbush Garden Bistro, Dr. Joe’s Coffee Clinic and Valet Parking finance the scholarship program, which aids students who are pursuing a healthcare career.
Volunteer Recognition Luncheon—Sheraton Hotel     April 12th

L-R: Laurie Ingwell, Karen Schilling, Char Haug, Jody Pulvermacher, Joan Bradle, Lori Gibson, Gert Holmes & Paula Keimel

Gretchen Patey & Rich Moore

Star Volunteers for 2016!!  Michelle Miller, Bistro Manager along with Rodger Koppenhaver and Marti Crume-Ryan, volunteers in the Bistro!

Dianne Krapfel & Lucy Sorenson

Friends of UnityPoint Health-Meriter Healthcare Scholarship Reception—Sheraton Hotel (continued from page 3)

Kristin Haugen, daughter of Don Haugen, presenting the Don Haugen Scholastic Award for Exceptional Volunteerism to Manlu Liu

FOM Scholarship Committee member, Mary Zimmerman addressing the 106 people in attendance May 4, 2016.

Scholarship recipients and their guests enjoying the chocolate fountain!
Recognizing Volunteers for their Lifetime Hours

500 Hours  Linda Kitchen, Phyllis Orsburne, Tim Potter, Mary Ann Stefonek, Jodie Pulvermacher, Karen Emery

1000 Hours  Inge Borucki & Marti Crume-Ryan

1500 Hours  Allison Baker

2000 Hours  George Falor, Tom Royston, Marti Wallace, Dianne Krapfel & Charlotte Haug

4500 hours Carol Johnson-Hohol, 3000 hours Julie Henneman, 4000 hours Phil Ingwell, 4500 hours Betty Ingwell & Lilah Kowieski

6500 hours Mary Grossman, 5000 hours Lucy Sorenson, 5500 hours Paula Keimel, 5000 hours Beverly Crapp, 6000 hours Sally Gaard & Rob Rodini, 6500 hours Laura Nielsen

7000 hours  Pat Wilker 9500 hours Gertrude Holmes  Jane Wise
According to the results of a 2015 survey from the National Council on Aging (NCOA), 40% of older Americans cite maintaining their physical health as a primary concern, and are interested in opportunities to learn how to maintain their health. I hope that our Partners health project, “Take a Deep Breath,” has provided you with important information on the various types of common lung diseases, statistics, treatments, and prevention. Spring tour this year focused on lung cancer, since it is the leading cause of cancer death in men and women in the U.S. Wisconsin reported 4,370 new cases of lung cancer in 2015, and an estimated 3,050 deaths occurring from lung cancer in the same year. Mortality is high. Smoking is still the leading cause. But, lung cancer is increasing in people who have never smoked – in fact, 20% of women who develop lung cancer in the U.S. are lifelong non-smokers. We now realize other factors are just as important for increasing our risk for lung cancer. Breathing second-hand smoke results in approximately 7,300 deaths each year from lung cancer. People who are in contact with certain substances at their workplace can put themselves at a higher risk for developing lung cancer than those who smoke. Certain occupations—painters, wood workers, and mining are a few—increase the risk. If you or any of your family had a history of lung cancer, your risk increases. Radon, a naturally-occurring gas from rocks and dirt that gets trapped in houses and buildings, is the second leading risk factor, resulting in 21,000 deaths from lung cancer each year. Now that you have some vital information, I challenge you to get involved. Family or friends may want or need to know about the risks of lung cancer. November is lung cancer awareness month, so do a project in your hospital—put up a poster on symptoms, such as a continued cough, back pain, or fatigue, which should be reported to their physician. Encourage smoking cessation programs. Provide information on testing homes for radon. Remember, healthy air relates to healthy lungs.

Suggestion Box!!
We are happy to report receiving many welcomed responses to our Suggestion Box!

**Today as a volunteer I feel Sad**
1. “Today’s my last day! Continue making Meriter a welcoming and educational experience! The OT’s and PSL’s in Pediatric Therapy have been absolutely amazing!”
2. “This was my last volunteer shift after 2 1/2 years which is sad. I have loved my time as a volunteer here! Meriter treats it volunteers so well and is overall a very impressive hospital. Thank you for all the time and effort organizing volunteer services and making this such a wonderful experience! I will miss it!

*What should Unitypoint Health-Meriter Continue doing to make this a better place to volunteer?*
Being supportive of volunteers learning! Providing parking and letting us use the exercise facility! I think you are doing a great job already!

**If you could change 1 thing immediately what would it be? Suggestions acted upon**—Treats: it costs more in the Bistro (raised treat to $1.75); Elevator: #30 has no Plexiglas flyer holder (Facilities reports this is a patient transport only elevator); Perinatal Clinic: Put a ceiling mirror outside of the clinic (Facilities installed on May 16, 2016.)

Thank you for your comments and suggestions! Keep your fresh ideas and suggestions coming and complete a Suggestion Box care today. We love hearing from you.

In Memory of Friends of UnityPoint Health-Meriter Volunteers and their volunteer service, $20 is donated to the Foundation’s FOM Memorial Fund! This fund is used to purchase yarn that Meriter volunteers who knit use to make newborn caps for the Birthing Center. We remember the following volunteers who have passed away February-June 2016:

- **Gary Zink** (1996—1998) NICU Cuddler
- **Tom Bellisle** (1989-2006) Bistro and Gift Shop
- **Carol Henning** (1992-2016) NICU Cuddler, Knitter/Crafter
Volunteer Services Welcomed 49 new volunteers February—June 2016

Volunteer Treats & Meals
As of 5/23/16 the Bistro and Dr. Joe’s beverage or treat available to volunteers increases to $1.75 and volunteers who are providing service 6 or more hours on a shift can receive a meal up to $6.50.

Volunteer Summer Dress Code Reminder
As seasons change and warm weather is upon us, it is a good time to remind volunteers to follow the *UnityPoint Health–Meriter Volunteer Services Dress and Uniform Policy* (#5). Volunteers serve as members of the total health care team and represent UnityPoint Health—Meriter in their interactions with patients, family members, staff and guests. Shorts, flip flops and jeans are not professional attire and should not be worn while volunteering. Also, please refrain from wearing perfume, cologne and aftershave as these scents can hinder patient recovery.