

HeartLINE

Connecting with our Volunteers



Where the Heart Is...
Home Health and Hospice Care

New Hospice Volunteer Training

Do you know a person with a compassionate heart? Someone who is willing to sit with a terminally ill person? Read or hold a hand? Or run errands or cook meals for the family?

ADORAY is especially in need of volunteers willing to drive to Prescott and Somerset areas. Tell your friends about the upcoming information sessions where they can learn about the hospice concept and the role of volunteers.

Information Sessions:

- Monday, Oct. 19, 7pm, at the ADORAY office
or
- Monday, Oct. 26, 7pm, at River Falls Area Hospital

Those who choose to become volunteers will attend two days of classes, Tuesdays, Nov. 3 and 10, 8:30 - 4pm, ADORAY office, 2231 Hwy 22, Baldwin.

Contact Debbie Milligan at 715-684-5020 for further information.

Baldwin and
River Falls
Volunteer
Picnics



September 2009

Happy Birthday!

- 1 Margy Balwierz
- 7 Dale Holle
- 9 Barb Prinsen
- 10 Gloria Fern
- Dennis Nelson
- 11 Melissa Zopp
- 12 Evelyn Muffett
- Marilyn Olson-Lear
- 13 Ethan Genco
- Eunice Hop
- Corynne Nelson
- 17 Helen Nicholson
- 18 Lillie Bueckers
- Kristen Straining
- 23 Jane Kruschke
- 26 Linda VanSomeren-Booth
- 29 Jody Galdick



October

- 2 Lindsey Holle
- 3 Carole Lynum
- Margaret Strehlo
- 5 Alden Nelson
- Richard VanSomeren
- 6 Ruth Baumgartner
- Toots Holle
- 7 Nancy Firth
- Mary Troftgruben
- 10 Nancy Nichols
- 12 Kathy Peabody
- 13 Stacey Clark
- 14 Dorothy Holm
- 16 Dorothy Eggen
- Erin McLagan
- 22 Evie Rademaker
- 23 Elisabeth Nelson
- Mary Kay Schaffner
- 26 Carol Haughton
- 27 Peggy Maxfield



ADORAY's Plan for Flu Season

Joy Hughes, ADORAY Home Health Quality Improvement Manager

With the cold and flu season nearly here, it is especially important to keep our staff and volunteers healthy, for their well-being and that of our home health and hospice patients.

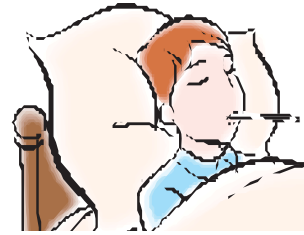
ADORAY has always taken precautions year-round to prevent the spread of germs and this year, with the possible influenza pandemic outbreak, we have a plan of action in place.

We are:

- Encouraging volunteers, staff and patients to get the seasonal influenza vaccine.
- Teaming up with Hudson Hospital for emergency preparedness.
- Developing a system to monitor and track staff illness.

In addition, we are providing tips in this issue of the HeartLINE for preventing influenza and the spread of it. Stay well!

Symptoms of Influenza may include:



- ✓ Sudden onset of illness
- ✓ Fever higher than 100.4 F
- ✓ Chills
- ✓ Cough
- ✓ Headache
- ✓ Sore throat
- ✓ Stuffy nose
- ✓ Muscle aches
- ✓ Feeling of weakness and/or exhaustion
- ✓ Diarrhea, vomiting, and/or abdominal pain (occur more commonly in children)

Good Habits to Help Prevent Influenza

Flu may spread from person to person when an infected person coughs, sneezes, or touches things others use. Here are some simple things you can do to help protect yourself and your family from the flu:

Clean hands is the single best step to prevent the spread of influenza.

Wash hands often for 20 seconds



**Can't wash?
Use alcohol-based
hand sanitizer**

Wash long enough to sing the Happy Birthday song twice.

- ✓ **Wash your hands often with soap and warm water for 20 seconds.** If water is unavailable, use an alcohol-based hand gel.
- ✓ **Don't touch your eyes, nose, or mouth without first washing your hands.** Influenza spreads when a person touches items covered with virus and then touches their eyes, nose, or mouth.
- ✓ **Avoid close contact with people who are ill.** Maintain at least 6 feet of distance.
- ✓ **Disinfect items people frequently touch.** This includes door knobs, toys, keyboards, faucets, remote controls, phones, and switches.
- ✓ **Get an influenza vaccination.** An annual influenza vaccination can reduce your risk of getting seasonal influenza during a pandemic.
- ✓ **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat properly.
- ✓ **Avoid smoking.** Smoking may increase the risk of serious complications from the flu.

What Can Caregivers Do?

If someone in your household has influenza:

- ✓ Physically separate influenza patients from other people as much as possible.
- ✓ Designate one person in the household as the main caregiver for the ill person.
- ✓ Watch for influenza symptoms in other household members.
- ✓ Contact your health care provider if you have questions. The State of Wisconsin's pandemic flu website, Pandemic.Wisconsin.Gov, will provide information on how to get medical advice.
- ✓ Avoid close contact with people who are ill. Maintain at least 6 feet of distance.
- ✓ Wear a mask. Masks may be useful in decreasing the spread of influenza when worn by the patient and/or caregiver during close contact (within 3 feet).

Where can I find more information?

pandemicflu.gov
pandemic.wisconsin.gov



Information provided by the Wisconsin
Department of Health Services, Division of Public Health

River Falls Store News - from Bonnie Blue, Manager

The September "winds of change" are flowing through Treasures. Manager's Assistant Carol Haughton has decided to transition to casual call or a "call me when you need me" basis. She will be deeply missed, especially by the staff and volunteers who worked the Wednesday and Thursday shifts with her. During her six and a half years at the store, Carol has served as volunteer coordinator, assistant manager and most recently as manager's assistant. We wish you many mornings of brisk walks and fuzzy slippers Carol. Her last day in her current role will be Sept. 3 and her last official task will be showing our new staff member the ropes. We are excited that long-time volunteer Deb Quist has accepted the manager's assistant position. Please welcome Deb. We are fortunate to have you on board Deb.

In addition to staff changes our building has been sold. The new owners appear to have some improvements in mind for the future including all new lighting! Won't that be nice!!

"Transitions are almost always signs of growth but they can bring feelings of loss. To get somewhere new, we now have to leave somewhere else behind." ~Fred Rogers

from Debbie's
desk

Hospice Volunteers

Hospice volunteer frustrations...

Being assigned 5 patients, only to have each one pass away before even one visit.

Losing a patient after just one visit, wishing you could have gotten to know him or her better.

Having the past 3 assignments all dementia patients who were unable to converse.

Paperwork!!! (But thanks for doing it faithfully anyway!)

And joys...

Hearing a patient's wife say "I feel like I can cope now that June and Marlys come to give me a break two afternoons each week."

Trimming the shrubs at a patient's home so family and visitors can walk up the sidewalk—thanks Dave!

While taking a patient for a drive around Willow River State Park, Mary learned that it was the woman's first visit ever to a state park.

Baldwin Store News – from Jennifer Soergel, Manager's Assistant

Half Off! This was a sign you saw a lot in our store the past two months as we depleted our summer inventory and geared up for fall. School shopping has begun and it is great to see so many moms with their kids picking out jeans, shoes and tops. I heard one group of shoppers suggest going out for lunch because they found everything they needed at Treasures, even a "really cool" pink camo backpack!

A big thank you to Mike H. as he once again proved to us how handy he really is. Our new shelving and shoe display makes the store shine.

Boxes and linens and books...Oh My! We received the last batch of donations from a Spring Valley woman who was very impressed with Jim, Barb and Buck, their grandchildren and Linda. They are a well oiled moving machine!

As each day brings donations and work to be done, we are reminded that even though we feel it impossible to get to the "bottom of the pile" one fact holds true - You! The volunteers that arrive with a smile and a willingness to do whatever they can to assure we stick around another 10 years!

Thank you!

TREASURES from the HEART®

Great used goods  at pennywise prices

Baldwin

Store hours:

Tuesday	9 - 5
Wednesday	9 - 5
Thursday	9 - 5
Friday	9 - 5
Saturday	9 - 5

River Falls

Store hours:

Tuesday	9 - 7
Wednesday	9 - 7
Thursday	9 - 7
Friday	9 - 5
Saturday	9 - 5

Don't forget to shop our
Annual Fall Sale on
Sunday, August 30.
11am - 3pm

SALE!
RIVER FALLS Store Only!



Hospice Volunteer Education Opportunities

Tuesday, September 22, 10am, ADORAY office

"The Eleventh Hour," a discussion on the last few hours of life
by Julie Holle, RN

Thursday, October 29, 7:30 - 8:30am

"Dealing with Difficult and Challenging Family Dynamics,"
A Breakfast for Brainiacs audio-conference. A light breakfast will be
served. Please RSVP to Debbie by Oct. 27



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