

Advancing Health...

Caring for People

Summer 2017

Thank You!

Clara Thanks You!

Meet Clara. She is one year old. She doesn't know it yet, but what happens to her in the next six years will impact her health and success in life. And the clock is ticking.

Clara's mom and dad, on the other hand, know very well about this critical window of time that their daughter's brain is developing. Their pediatrician, Jason Chan, MD, at the Aspirus Pediatrics Clinic in Wausau, participates in the Reach Out and Read program. This program recognizes the importance of the first five years in early brain development and uses books as tools to introduce parents to the importance of engaging with and reading aloud to their children.

Thanks to you, kids will develop healthy brains and have better success in life.

"Reading with your child is probably one of the best things you can do with regard to their development," said Jason Chan, MD. "Instilling a love of reading can have a tremendous impact on how well the child does in school. Aside from the development of speech and language, there are few better ways to bond with your child than having them sit on your lap and read and engage with them."



Pediatrician, Jason Chan, MD, interacts with Tiffany Daffinson and her children, Clara (1), and Porter (3), during Clara's well-child visit at Aspirus Pediatrics in Wausau.

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When children come in for a regular well-child check-up at participating Aspirus clinics, pediatricians and nurse practitioners encourage parents to read aloud to their children and offer age-appropriate tips. Thanks to community support, we are able to give children, ages 6 months to 5 years, a brand-new book specific to their stage of brain development. A child's interaction with the books differs by age, but the benefits are great for families of all backgrounds.

“For those already in the habit of reading as a family, the Reach Out and Read program reinforces their good habits. For families who are less fortunate, there might not be any other reading materials in the home, so a few books, along with instructions for parents, can make a big difference,” Dr. Chan said. “We also take care of children who have various degrees of speech delay and require even more verbal stimulation, so reading with them can be part of the overall treatment and help them learn how to talk.”

Your support makes this program possible. Reach Out and Read is funded entirely through your donations. We need your help today!



Clara thanks you!

MAIL TO THE ASPIRUS HEALTH FOUNDATION, 425 PINE RIDGE BOULEVARD, WAUSAU, WI 54401 ✂

Yes! I would like to help a child through the *Read Out and Read* program at Aspirus!

Here is my gift of \$ _____

- \$25 supports 1 child (for the 5 year program)
- \$100 supports 4 children (for the 5 year program)
- I would like to make this a monthly donation

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

- Enclosed is my tax-deductible gift of: \$ _____
(Checks are made payable to Aspirus Health Foundation)

Please charge my:

- Mastercard Visa Discover

Card Number _____

Exp. Date _____ / _____ Security Code _____
(3-digits)

Signature _____

Phone Number _____

- Please remove my name from the Aspirus Health Foundation mailing list.



Your Generosity Supports a Special Place for End-Of-Life Journeys

Nearly twenty years ago, the Aspirus Hospice House was created as a brand new option to meet the needs of people with terminal illness.

The Hospice House was made possible through gifts from generous people in our community, like you. It was the first of its kind constructed in Wisconsin and was designed to be a comfortable home, while still meeting strict requirements for a medical facility.



Carol DeBauche, volunteer, prepares a home-made breakfast for patients and families at the Aspirus Hospice House.

“Thanks to caring people in our communities, the Hospice House has served as a home away from home for thousands of families for the past 19 years and has surrounded people with compassion and dignity during their end-of-life journeys,” said Tasha Stencil, Manager of Hospice House and Volunteers.

“Like any busy 19-year-old home, the Hospice House interior has grown tired,” said Stencil. “Yet the care provided to patients and families at the Hospice House is exceptional, and we want the physical space to mirror our care. We are in the final planning stage of a much-needed interior renovation project which will be implemented carefully to minimize disruption to patients and families.”

The Hospice House includes eight large bedrooms with garden views and includes private bathrooms with showers. The rest of the house has a warm, inviting home atmosphere, including the kitchen, dining room, great room chapel/meditation room, and outdoor patios and gardens.

“Just as community support helped make the vision for the Hospice House a reality over 20 years ago, the generosity of our community will help make this interior renovation project possible,” stated Kalynn Pempek, Executive Director of Aspirus Health Foundation and Volunteer Services. “The Run for Hospice and Festival of Trees community fundraising events have helped begin raising support and awareness about the need. We are now asking for help from our community to raise the final funds and charitable gifts for the project.

Visit [aspirus.org/help hospicehouse](https://www.aspirus.org/help hospicehouse) to view the plans and make your gift.

Please visit [aspirus.org/help hospicehouse](https://www.aspirus.org/help hospicehouse) to view the plans to update the patient rooms and family spaces within the Hospice House. Join us in making a difference by making your gift online today. Thank you!



A rendering of the newly proposed Hospice House interior patient room.

The Ferris Family Thanks You... Run for Hospice Bids a Final Farewell!

Where were you on May 13, 2017?

Better yet, where were you on Mother's Day weekend for the past 12 years? You probably have to stop and think about it for a minute.

Marty Ferris, Chair of the Run for Hospice, knows exactly where he and his family were on Mother's Day weekend for the past 12 years. You see, Marty's mother, Kathleen Gaynor Ferris died on September 2, 2004. As a way to help his family grieve, heal, and celebrate their mother's life, Marty and his family and friends created a community fundraising event in 2006 called the "Arts Alive Kathleen Gaynor Ferris Memorial Art Auction." This event eventually transitioned into the "Run for Hospice 5K & 10K Run/Walk."

The Run for Hospice held on May 13, 2017, at Fabiano Brothers in Weston, Wisconsin, was the final event. Over 585 walkers and runners participated and helped raise \$33,033 to support an interior renovation of the 19-year-old Aspirus Hospice House, as well as quality of life initiatives for hospice patients and families.

To every sponsor, volunteer, and participant, we thank you for being part of a great event for a great cause!

At a celebration held to thank the committee members and volunteers who have helped make the event possible over the past decade, Marty shared that, "Together, we have raised nearly \$300,000 and have helped countless people right here in our community during their end-of-life journeys. To every sponsor, volunteer, and participant, we thank you for being part of a great event for a great cause!"

I'm especially proud to have established the Kathleen Gaynor Ferris Endowment Fund with the Aspirus Health Foundation, which will continue to make a difference for many years to come.

We have a lot to smile about and have been blessed by this event. As they say, "Don't cry that it's over, smile that it happened."



The Ferris Family (L to R) Erik Riste, Jessica Hermes, Jen Ferris, Angie Hermes, Baby Charlie Hermes, Marty Ferris, Patti Briquetelet, Karen Hermes and Russ Hermes.

Kalynn Pempek, executive director of the Aspirus Health Foundation remarked, "We are grateful to Marty and his family, and the Arts Alive and Run for Hospice Committee members, volunteers, sponsors, and event participants for their support over the past 12 years. Marty and his wife, Jen, daughter, Riley, and friend, Patti Briquetelet displayed an amazing level of passion, energy, and dedication to making a difference and helping people locally.

We will miss the Run for Hospice, but as Marty stated...we'll smile that it happened."



Your Gifts Help People Regain Their Lives

Imagine that you or a loved one had a stroke or were involved in an accident and suffered a spine or brain injury. Suddenly, your life would change in ways you had never expected. You would need to relearn basic skills in life, and you'd need help to do the social activities that you love to do.

Social connections are very important to recovery for people who have brain and spine injuries or strokes, and that is why Dr. Margaret Anderson and her Inpatient Rehabilitation Team developed the Adaptive Adventures program, which is supported through donations from people in our community.

The Adaptive Adventures Program helps people who are recovering from injuries and strokes.

Adaptive Adventures is a program to help people who are recovering from brain and spine injuries and strokes by providing community resources, networking, and recreation participation opportunities.

Danae Norton, Recreational Therapist, explained that “the Adaptive Adventures group itself promotes physical activity, peer-to-peer support, adjustment to disability, and activities that help fulfill the adventurous spirit!”



Adaptive Adventures participants, Doug and Matt, enjoy an evening of laser tag at WOW Family Entertainment Center.

Generosity is Something You Can Give Back *Your Opportunities for Giving*

Gifts to the Aspirus Health Foundation help people in our community by helping address the greatest health needs of our community, and by supporting programs and services for patients at Aspirus. As a donor, you are an important part of our mission work, and the following options for giving offer you the broadest framework for charitable giving in the present and the future:

Partners in Health Giving Society

Your monetary gifts are appreciated and may be made online, by phone, or by mail using the enclosed gift envelope.

Aspirus Hero Program: Special gifts may also recognize an outstanding care provider through the Aspirus Hero program.

Memorial & Honorary Gifts: A donation or creation of a named fund is a thoughtful way to express your sympathy for the loss of a loved one or to honor someone special in your life.



Like us on Facebook!

[aspirus.org/foundation](https://www.aspirus.org/foundation)

715.847.2470

ahf@aspirus.org

Event Spotlight: Festival of Trees

Who: People like you! There's something for people of all ages at the Festival.

What: The Festival of Trees is a community fundraising event to support Aspirus Comfort Care and Hospice Services.

It is a week-long progressive silent auction where people can view and bid on holiday items like Christmas trees, wreaths, centerpieces, mantels, and a variety of unique specialty items. There are also great raffle items, perfect for you to win and keep or to give as holiday gifts.

There's also a Butterfly Luncheon for Women, Opening Night Gala, Senior Stroll, and Teddy Bear Breakfast.

New this year, real live reindeer will be making a visit from the North Pole to the Festival of Trees on Friday, November 24th.

When: The week of Thanksgiving, November 22 – 26, 2017

Where: Stoney Creek Hotel and Conference Center in Rothschild, WI

Why: Because people in our community need help during their end-of-life journeys, and, it's a fun way to get in the holiday spirit and get away from the hustle and bustle.



Friends, Madi and Zoey, have fun at the 2016 Festival of Trees Teddy Bear Breakfast.

How you can help!

- Visit the Festival and bid on an item or purchase raffle tickets
- Attend an event
- Donate an item for the auction or raffle
- Decorate a holiday tree (you purchase the decorations)
- Purchase a Christmas tree, wreath or another item for your business or home
- Buy your Christmas gifts at the Festival of Trees this year
- Volunteer

Your Foundation Events

Show your support for the Aspirus Health Foundation and our community partners by attending any of a number of important community fundraising events, or get involved by joining a planning committee, donating an auction item, or sponsoring an event. For more information, please visit aspirus.org/foundation, call 715-847-2470, or email ahf@aspirus.org.

DONOR APPRECIATION
Celebration

October 5, 2017

Annual event to celebrate our donors and the difference they make to advance the health and quality of life for people in our region



November 22-26

Festival of Trees to support hospice



August 6, 2018

Women's Golf Scramble to support our community's health