

SIMON SAYS, "LEAD"

Students explore leadership potential at YLC

"It's a fun experience to learn more about cooperatives and yourself, and to make new friends and connections," Maddy Frank shares after attending the Youth Leadership Congress July 24–26 at UW-River Falls. YLC is facilitated by Wisconsin Electric Cooperative Association and sponsored by Wisconsin electric cooperatives.

Jackson Electric sponsored six students from the Melrose-Mindoro, Black River Falls, Neillsville, and Whitehall school districts to attend this year's YLC. Many of these students are leaders in their schools, from sports teams to student organizations/chapters. Morgan Bloch, a member of her school's FFA chapter, says, "I was influenced to attend YLC because I wanted to become more of a leader and meet new people."

One purpose of the YLC is to teach students about cooperatives. The students' first "course" on the UW-River Falls campus, Co-ops 101, began with an entertaining introduction involving a chicken hat, clarifying the difference between a "coop" and a "co-op." "I learned that cooperatives help one another," shares Deijanira Diaz. "I learned that every member gets a vote," adds Reese Zeman.

The students were also divided into six cooperative districts, where they developed their leadership skills and cooperative knowledge by problem solving and completing case studies with students from other schools. "I made a lot of friends in and out of my district," shares Maddy.

Some districts were in charge of hiring a new manager, while others were challenged with the task of developing a new G&T for their cooperative after their power supplier shut down.

Another objective of YLC is to develop leadership skills. A popular activity during YLC is motivational speaker and author Craig Hillier's interactive session on Breakthrough Leadership. "What holds you back from being a better leader?"



Jackson Electric sponsored (l-r) Clayton Madvig (BRF), Maddy Frank (Whitehall), Deijanira Diaz (Neillsville), Morgan Bloch (Neillsville), Teagan Frey (Melrose), and Reese Zeman (Melrose).

Craig opened the session. "It starts with you," he continued.

Through group activities, such as working as a team to stabilize straws or playing a giant game of Simon Says, the students learned that both communicating and listening are important qualities of a leader. They also discussed a victor versus victim mentality. Great leaders respond to a situation by learning and growing, as opposed to shaming, blaming, denying, or quitting.

"The Congress teaches you more about how to lead than you might know already. I learned not to be afraid to take risks," shares Teagan Frey.

On the last night of YLC, the students dress up to attend an etiquette dinner hosted by the UW-River Falls career services and catering departments. Proper dinner etiquette is important

(Continued on page 18)



Left to right: The nice weather allowed for outdoor team-building activities; Craig Hillier discusses a victor vs. victim mentality; students were challenged to stabilize straws during this team-building activity.



MORE THAN JUST A *Volunteer*

Volunteering in a care facility, whether that's a nursing home or hospital, is more than just a volunteer position. It's an opportunity to provide a resident or patient with a friendly face and conversation beyond the normal rounds made by staff members. It forms connections for those who have lost a parent or grandparent or know what it's like to spend time in the hospital. It's a chance to spend time with someone who doesn't have a lot of visitors or family in the area. It allows youth to explore careers in health care and engage in intergenerational activities. When you become a volunteer in a care facility, you become part of a group of people who care about, trust, appreciate, and look out for each other. You become family to both the people you serve and the people you work with.

Pine View Care Center Located on the outskirts of Black River Falls, this facility offers quality of care and quality of life to its residents by placing importance on dignity and self-determination, while encouraging socialization. Whether it's group activities or one-on-one visits, there are many opportunities to build relationships and family.

"They all have a story, a connection, and a personality," says activity aide Jassica Bauer. "Everyone has something unique about them, and volunteering with the residents is an opportunity to hear their stories and make a difference in their lives."

Group activities, such as pumpkin painting or working on an art project, are great ways for residents to socialize with one another. They are also perfect times for volunteers to get involved, as extra hands provide more opportunities to offer help and one-to-one assistance, if needed. Socialization also includes interaction with the community. Pine View hosts a community picnic. "Volunteers can help with planning, activities, advertising, the bake sale, and with getting everyone outside," shares Jass.

While group socialization is important, one-to-one visits are also beneficial and enjoyed by residents. This may look like simply having a conversation, read-

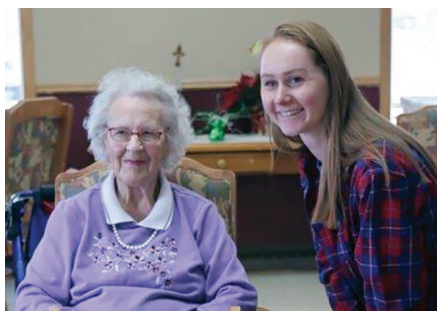
ing a book, shaking dice, putting together a puzzle, taking a walk, or watching a movie with a resident. "We'll find out what you like to do and pair you with a resident who needs assistance or shares the same interests," concludes Jass.

Atrium Post Acute Care Located near the Black River Falls High School, this facility offers both direct and indirect ways to volunteer. A volunteer experience here might look different for each volunteer depending on his or her

comfort level, experience, and interests. Some volunteers may prefer to help with a group activity, others might be interested in one-to-one visits with residents, and those who want to help indirectly might help decorate the facility and bulletin boards throughout the seasons. "We're open to what the volunteer feels comfortable with, and training will be offered if needed," says Joyce Dittner, activities director.

Some volunteers stop by to share their talents, from playing musical instruments to singing. Community members also get involved with special programming, such as Veterans Day programs or the safe trick-or-treat event. "Volunteers can dress up, help residents pass out candy, and refill candy dishes if needed," says Joyce.

Many community organizations, youth groups, and families volunteer their time at Atrium. This is especially true around the holidays, a time focused on gathering with family. A familial feeling is established for residents when groups come in to sing Christmas carols, while others help hide Easter eggs and help residents to Atrium's Easter Extravaganza. "This is a wonderful opportunity to involve yourself in an intergenerational experience. The residents enjoy telling



Jackson Electric's youth ambassadors enjoyed playing board games with Atrium's residents. Below: Residents of Pine View Center enjoy going on outings.



Each of these facilities may have an opportunity that is not listed here. If you have a talent to share, please reach out to the location of your choosing. They just may be looking for someone like you!

their stories. Youth can share their stories with the residents, too,” shares Joyce.

Grand View Care Center Just down the road from Kwik Trip in Blair, this facility offers a variety of activities for its residents to get involved. “We get to make them feel good,” shares Rhonda Stephenson, activities director. “We do the extra special things they enjoy and try to make their wishes come true. They become like family.”

The residents at Grand View enjoy one-to-one visits, especially when they get to play cards, venture outside, or have a conversation. “Some residents don’t have family in the area, and they make connections with volunteers,” shares Rhonda. “Visitors give them something to look forward to, and I hear nothing but positive comments from the residents.”

This facility also offers a variety of group outings for residents to have interactions with each other and the community. Volunteers may choose to help residents attend outdoor entertainment and cookouts, go on a shopping or fishing trip, and enjoy scenic rides to see the fall colors or Christmas lights around town. “The volunteer’s role on outings is to keep an eye on the residents,” Rhonda says.

A volunteer experience may also provide insight on careers. For example, one regular volunteer in the activities department is now employed by Grand View and aspires to become an activities director. “It’s a learning experience, a way to see health care if you’re interested,” Rhonda shares.



Grand View residents enjoy an outing.

Black River Memorial Hospital

Black River Memorial Hospital strives to serve the community with excellence and does so with the help of volunteer positions for all interests, including fundraising, hospice, patient services, gift shop, health education, and community outreach. “No matter what area you’d like to volunteer, we’ll provide the training,” says Cindy Clark, volunteer services director. “If it ends up not being a good fit, we can look at other areas.”

While an interested volunteer would never be turned down, there is a need for active hospice and transportation volunteers. Hospice volunteers are provided with job-specific training so that they may provide respite care for families, visit with patients, provide transportation, assist with patient/family home needs, amongst other opportunities that may arise. Transportation volunteers in the patient services department may be on-call to provide a ride for a family member whose loved one has been transferred to another facility.

The hospital also features a volunteer program for students ages 14 to 18. A

few of the hospital’s current volunteers started out as volunteers. Becoming a volunteer allows students to help others while gaining insight on medical careers. “This is a great opportunity for me because I want to go into the medical field,” shares volunteer Teagan Frey. “It is very rewarding to be able to help people, and I’ve gained experience that I would not have received without taking this opportunity.”

When it comes to volunteering in a care setting, you become more than just a volunteer. You become joy for the nursing home resident who doesn’t have friends or family that live nearby. You become a friendly face to a hospital patient during their greatest time of need. No matter which facility you choose to volunteer, you will be appreciated. “You all become like a family,” concludes Sarah Osegard, BRMH volunteer coordinator. “You see people that want to give back and you’re inspired by them.” —*Brandi Shramek, Executive Coordinator*


The process for becoming a volunteer at each of these facilities is similar. Most volunteers will complete an application, background check, and orientation/training. Other requirements may vary by facility. If you’re interested in volunteering at one of these locations, it is best to check with the facility directly for specific requirements.



Left: Charlotte enjoys volunteering at the Black River Memorial Hospital's gift shop.



Right: Volunteers Teagan and Ellen offer patients a refreshment.



CO-OP
FACT

Jackson Electric’s service territory is divided into nine districts. Each district has one director who is elected by the members of that district every three years. Not sure who your district director is? Go to jackelec.com/Your Co-op and click on Directors.

MY CO-OP



CAPITAL CREDITS ALLOCATION

You will see your capital credits allocation on your September billing statement. By posting your allocation on your billing statement, we reduce the additional cost of mailing a separate notice to each of Jackson Electric’s members.

This notice shows the amount earned and credited to your capital credits account for the year 2018. This is notification of your allocated capital credits amount in the cooperative, not a capital credits retirement check.

Allocation of net margins are set aside into the member’s account to be used by the cooperative as operating capital for reliability improvements and maintenance over a period of years. An allocation is made annually based upon the member’s patronage from the previous year.

Some members may receive a capital credits retirement check in December. Annually, the board of directors decides the amount and years to retire based on the financial needs of the cooperative.

If you move from our service lines, please inform us of your new address so we can keep you updated on your capital credits account and send any retirement you are eligible to receive.

Capital Credits Allocation Notice	
Capital Credits Allocation for 2018.....	\$172.81
Total Unretired Capital Credits	\$2,007.65

NOTICE TO DUAL FUEL PROGRAM PARTICIPANTS:

Peak Alert and Economic Dispatch Notifications Available

Members who participate in Jackson Electric’s dual fuel program now have an opportunity to receive peak alert and economic dispatch notifications. These notifications can be sent to your email address and/or phone by either text and/or voice.

If you would like to receive notifications, please contact our office to request a notification enrollment form or download at www.jackelec.com, under Programs/Dual Fuel Program. This completed and signed form must be on file at our office for you to receive notifications.



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The etiquette dinner is always popular amongst the students.

YLC (Continued from page 15)

when meeting with a potential employer. “You want to be remembered for the right reasons,” Career Services Director Melissa Wilson reiterated throughout the evening.

Although YLC goes by quickly, each student gains something from the three activity-filled days. “I would recommend YLC to other students because I had a lot of fun and met new people,” says Clay Madvig.

“It’s a great experience, and it gives you opportunities that you might not have had if you didn’t attend,” concludes Morgan.—Brandi Shramek, Executive Coordinator

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