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## FOR IMMEDIATE RELEASE

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### Aster Health restores volunteer program

**WADENA, Minn. – May 1, 2024** – Aster Health celebrated National Volunteer Week by bringing back its volunteer program. This program was on hiatus during the COVID-19 pandemic.

“Our volunteer program had existed for many years, but like many programs, it was halted due to a shifted focus on COVID. We know the efforts of our volunteers are welcomed by our patients, visitors, and staff. We are grateful to have so many community members helping us make the patient experience even better,” stated Joel Beiswenger, CEO and President of Aster Health.

The volunteer program offers an opportunity for volunteers to contribute in a way they feel comfortable with. From sitting with a patient to sewing at home, volunteers give support that medical staff members cannot easily provide.

According to the US Census Bureau, Minnesota ranked third in the country for volunteerism in 2021. Harvard studied the benefits and discovered volunteerism extends the life of those volunteers who devote as little as two hours per week. Additionally, the study showed people who volunteer are more physically active and improve their sense of well-being compared to those who do not.

To learn more about volunteer opportunities, visit [asterahealth.org/volunteers](https://asterahealth.org/volunteers) or call 218-631-7499.

#### **ABOUT ASTERA HEALTH**

Aster Health is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Aster Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five



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satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [asterahealth.org](http://asterahealth.org).

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