Northwestern District

 Winter 2016-17 Newsletter

***Message from the Northwestern District Chair***

Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls

The first day of winter, which is the shortest day of the year, is now past. Winter is the coldest and darkest season of the year. Many love it for the variety of activities and beautiful sights that can only be enjoyed with the snow and ice of winter. Some barely tolerate it, waiting not-so-patiently for spring – or even abandoning it for warmer places. Winter brings the end of the growing season for plants and hardships for wildlife. However, on the very next day after the first day of winter, the lengthening of days begins. Longer days are signs of renewal and proof that spring is on its way once more. So, there is something to celebrate on December 21st no matter how you feel about winter itself! Happy Holidays! Joyous Winter!

 Fall is now a memory, as are our two big fall Partners events. Since many of you were unable to attend the 2016 Partners of WHA Convention, I will share some of my memories with you. The state convention was held Tuesday through Thursday, October 4-6th at the Radisson Paper Valley Hotel in Appleton, WI, and had a western theme: “Kick up Your Heels for Volunteers.” A lot of fun was had by those who dressed the theme! The opening and closing keynote speakers were very, very good, so I will share a bit about each of them.

 Keynote Speaker, Kim Hodous, opened the convention with “How to Kick up Your Heels and Live Life to the Fullest!” She started her talk with the reminder that the only person any of us have control of is our own self. The first of her three message themes was Show Up! In other words, be present in your own life by truly paying attention, not only to what you are doing, but also to what is going on around you. Be goal oriented: set goals, write them down, carry them with you and review them periodically. Lowering blood pressure and increasing T-cell productivity in cancer patients are only two of the many benefits of laughter, so be sure you start taking your fun seriously! Because 85% of what we hear is negative, and people tend to focus on the negative, we must make a conscious effort to be positive and focus on the positive. She disagrees with the statement, “Garbage in, garbage out.” She believes, “Garbage in, garbage stays.” is a more accurate picture of human minds and self-image. So, stop the negativity: give compliments and don’t ignore all the compliments you get because of one less-than-complimentary thing someone once said. Secondly, Be Bold! In telling everyone to be authentic, she quoted Oscar Wilde, who said, “Be yourself. Everyone else is taken.” In order to be different, she says to “Look at what everyone else is doing, and put a twist on it. Find a way to do it better or different.” Other parts of being bold (in the right way) are being fearless (making a decision despite not knowing the future), being optimistic, being non-judgmental, learning the lessons that can be learned through both your successes and failures, creating “right relationships” through integrity and doing the right thing, being excessive by going beyond what is expected, being risky and taking calculated and intentional, but not reckless, chances, being open and allowing ourselves to go with the flow of life, but also taking time to be still in order to reflect. Lastly, Play Big! in order to maximize every success, opportunity, and bit of fun in your life! Celebrate all successes, yours and others’. When we lift up someone else, we get lifted up ourselves. Plus, less-than-success is still experience from which you’ve learned something! Remember to let other people help you, but also to give back. Be grateful for everything, all of the time, while focusing on the good, celebrating the people around you, and moving confidently in the direction of your dreams!

 An important part of the mission of the Partners of WHA is Community Health Education. Over the past two years, the Partners of WHA’s emphasis has been on “Take a Deep Breath: Lung Health.” Did you know that, on average in Wisconsin, every five days a person dies of asthma? Asthma is a chronic inflammatory disease of both the large and distal airways accompanied by excess mucous production. It is diagnosed by the presence of airway obstruction, bronchial hyper-responsiveness to triggers, evidence of at least some reversibility, and after the exclusion of other diagnoses. Lungs keep growing until age 20, so it is important to identify and treat asthma in children so that the lungs’ growth is not stunted. Diagnosis and treatment are also important for adults, because everyone loses some lung capacity yearly as we age. In his closing keynote “All About Asthma: What’s New,” Dr. Todd Mahr did a wonderful job of explaining what asthma is – and what it is not – as well as telling its impact on the lungs and the rest of the body, its symptoms, how it is diagnosed, treated, and monitored, and much, much more. He injected humor (and his photos from his African safari!) and gave us a lot of information while keeping away from medical jargon we could not have understood. There are many organizations whose purpose is to educate and help people. Two are the Children’s Health Alliance of Wisconsin and the American Lung Association.

 A big surprise came at the very end of the Convention when three Park Falls and three Shell Lake folks had their names drawn as raffle winners! Not bad for the smallest District! We really beat the odds!

 The Fall Northwestern District Meeting took place at the Steakhouse and Lodge in Hayward on Wednesday, October 19th. The Hayward group did a wonderful job – the meeting was very organized and had wonderful food, decorations, and door prizes. Guest speaker Ann Kozak, Volunteer and Lifeline Coordinator for their hospital, talked on volunteer opportunities with their hospital. It was the first meeting I had to run as the new District Chair. (I can thank the Flambeau Hospital Auxiliary for giving me so many years of experience running meetings as FHA President!☺) We approved a 2017 budget and passed a motion to agree to be one of the groups to change our officer election cycle, if it would help the continuity of the Partners of WHA Board of Directors. The fact that six of the seven districts elect their new Chairs, who represent the districts on the Board, in the same year means that every-other year there is only one district chair that was on the Board in the previous year. The Partners of WHA Board will meet in March, so we will probably know by the next newsletter whether or not the current officers, CHE, and PPE will serve an additional year.

District Chair-Elect Needed!

I hope that every member in the Northwestern District is looking at themselves, and at the members they volunteer with, as potential District Chair-Elects. The job isn’t difficult. It does take time – but everything worth doing takes time! I will help the new Chair-Elect “learn the ropes” and continue to help after the person becomes Chair. In their final year as Chair-Elect, the Chair-Elect attends the spring Partners of WHA Board meeting along with the Chair, in order to get acquainted with the state officers and other district chairs around the state, with what the Board does, and with how they do it. There is even a written timeline to help guide you throughout the year! Please consider volunteering!

***News from around the Northwestern District***

**Linda Fish – Partners of Memorial Medical Center, Ashland**

 Since our fall meeting in Hayward, we have had our fall book sale. We thought this might be our last book sale. However, we had donations and sales to help make the decision to switch from two to only one book sale per year. We just completed our annual Cookie Walk. It seemed donations were down, but sales exceeded last year. The Thrift Shop has surpassed sales from last year. There is full staffing in the Thrift Shop. Both the Information Desk and the Gift Shop are looking for more volunteers to fill all shifts. We will have installation of officers at our winter general meeting on January 21. We sent out a survey with our December newsletter to get an idea of what the membership would like for day of the week and time for general meetings. They will be compiled before our January board meeting and announced at the general meeting on January 21. We hope to increase attendance at our general meetings.

 Memorial Medical Center has purchased a robotic X-ray. Ours is only one of four in the nation. One of those four is in a training facility. This piece of equipment will do the moving so patients will not have to move. On another front, the MMC Emergency Room won its second consecutive Press Ganey Guardian of Excellence Award. This is award recognizes top-performing health care organizations who achieve at least a 95th percentile patient experience. MMC has achieved this level of patient experience for eight consecutive quarters.

**Patti Francisco – St. Mary’s Hospital Auxiliary, Superior**

 On Friday November 4, 2016 we held our Christmas Happening and Bake Sale in our Community Room at the hospital from 9 to 3:00 pm. The bake sale raised $660, and the Lobby Shop Gift Sale raised $1,077.

  On Sunday, December 4, 2016 we held our Tree of Lights Ceremony in the cafeteria of the hospital from 1 – 3:00 pm.  It was a very nice event. Students from the Superior area schools entered an essay contest of who is the “Light of their Lives”.  Seven winners were chosen, and we presented them with plaques at the ceremony.  Terry Jacobson, the hospital administrator, along with the students and Pauline Kukull, lit the tree, and refreshments were served afterwards.  There were drawings for prizes and the raffle tickets raised $837.  The donations for the Tree of Lights to honor and thank loved ones raised $1,710.

**Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls**

 The FHA likes to make a donation to the hospital every year at the June Volunteer Recognition Luncheon. This year it was a $31,000 check for a very special bed for the ICU. Called a Total Care SpO2RT Pulmonary Therapy System, the bed has Integrated Therapy-on-Demand modules that can provide Continuous Lateral Rotation Therapy (CLRT) and Percussion/Vibration Therapy without staff having to move the patient. The two-layer, cushioned therapeutic surface of the bed maintains zoned pressure relief to help prevent and treat pressure ulcers and has an Opti-Rest mode that provides a restful wave-like motion. The Turn Assist feature assists in positioning patients, and the bed folds up and down to create a “chair” for a patient with “up-in-chair” orders from the doctor, because sitting, rather than lying, helps the patient breathe more easily. The footboard can even be dropped to the ground, so the patient can stand up from the “chair.” The bed will help reduce pulmonary complications for patients while reducing injuries to patients and/or staff persons during the moving of a patient.

 The new bed is “Bed 1” in the Flambeau Hospital ICU. At our December meeting, CAO/CFO Jim Braun showed us the beautiful plaque commemorating the FHA’s donation of the bed. The plaque is hanging, or soon will be, in the ICU on the wall near the bed.

***Message from the Northwestern District PPE Chair*** **Betty Harnish – Partners of Memorial Medical Center, Ashland**
Congress is back in session and according to Republican leadership the first order of business is to repeal Obamacare.  Will they do it?  Will they put 20 million people off their insurance without a replacement?  What will the replacement plan contain?  What will it cost?  Will it contain some of the good parts of Obamacare such as being able to stay on your parents’ insurance until age 26, not denied insurance due to pre-existing conditions, women not having to pay more for insurance, no life time limits, just to name a few?  Because they campaigned on appealing Obamacare, on Day One I think they might pass the legislation so President Trump  can sign it on Day One, but make it active 6 months to a year down the road to give them time to come up with a plan and to cost it out.  This is moving so fast that by the time you read this they might already have passed a bill, or not!  Also know that they are discussing making changes to Medicare, Medicaid and Social Security.  All these changes will make a mess for people on Obamacare and for the hospitals that need to provide them care.  The other night a young man who worked for a congressman was speaking about the best way to contact your congressman.  He said yes, they pay attention to mass mailings and e-mails but they pay most attention to phone calls.  If their office can say I got 200 phone calls or more on a certain issue, it makes an impact.  He also said do not waste your time contacting congressmen who are not from your district.  He said they really only pay attention to those contacts from their district, as those are the people they have to face at election time.  So get to know your congressman's phone number.  I bet by the end of this year we will be able to rattle off that number as fast as we can our own number, because I think we will have many an opportunities to be calling them.  Stay informed because a good citizen is an informed one!

***Message from the Northwestern District CHE Chair***  **Allison Posso – Partners of Spooner Health, Spooner**

Take a Deep Breath

We have learned a lot from having this topic over the past 2 years. Here is a quick review.

Lung Cancer is the number 1 cancer killer. Awareness is so important for early detection and increased survival.

COPD – Chronic Obstructive Pulmonary Disease – There is no cure for this disease. There are lifestyle changes and treatment options available to help you manage your symptoms,

Sleep Apnea is a serious sleep disorder. A person’s breathing is interrupted when they sleep. If left untreated, it can be potentially fatal and cause other health issues. It is treatable, once diagnosed. Using a breathing machine at night, which is now convenient and easy to use, will give you a restful night’s sleep.

Asthma is a chronic and long-term disease that inflames the airways of your lungs. Being aware of what triggers your asthma helps you control and manage the exacerbations and attacks.

Pneumonia is an inflammation in the tiny sacs of your lungs. It can be viral, bacterial or fungal. You need to be aware of the symptoms – prolonged cough, shortness of breath or an increase in shortness of breath, fever and/or weakness. It is important to receive the pneumonia shots if over 65 or if you have other disease processes that compromise your health. Receiving the Flu shot also decreases your risk for pneumonia, or at least how sick you become if you develop pneumonia.

Just remember: if you have concerns about any of this, or feel you have any symptoms, talk to you physician.

Wash your hands frequently.

I am looking forward to our new topic next year: Drugs & Dreams.

I wish you all a very Merry Christmas and a Healthy, Happy New Year!

***Thank You for all you do for your local Partners group, your hospitals and nursing homes, your communities, and the people you help on a day-to-day basis. What our Partner groups accomplish around the state every year is wondrously amazing! Thank you from me – and from every person whose life you have touched!***

**NORTHWESTERN DISTRICT OFFICERS 2016-2018**

CHAIR CHAIR-ELECT

Ginny Bosse open

1360 Boettcher Ave seat:

Park Falls, WI 54552 new

715-762-3193 District Chair-Elect

 **gbosse@live.com** **NEEDED!**

SECRETARY TREASURER

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**LOCAL PRESIDENTS**

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Term expires 12/31/17 Term expires 6/30/17

**Reminder: Local Year-End Reports**

The local and district report forms were revised since I printed them for you in October. If you have not received the new ones from me, or been able to download them from partnersofwha.org, please call me at 715-762-3193, and I will get them to you!

Year-End reports are due on or before January 31st.

Forms may be submitted either by mail or by email and need to be sent to the appropriate district chair:

Local CHE reports must be sent to:

Allison Posso 419 S. River Bay Spooner, WI 54801 aposso@spoonerhealth.com

Local PPE reports must be sent to: Betty Harnish 2120 Lakeshore Drive Ashland, WI 54806 bettyharnish@centurytel.com

Local Presidents’ reports (Note that there are two sides/pages!) must be sent to:

Ginny Bosse

1360 Boettcher Rd. Park Falls, WI 54552 gbosse@live.com 715-762-3193

***If you have any questions, please call me! Thanks!***