

# Flambeau Hospital Auxiliary Newsletter – December 2018



On December 10<sup>th</sup>, at the final FHA Board meeting of 2018, elections were held and several FHA Bylaws amendments were approved for consideration by the membership at the 2019 Annual Meeting. ***The 2019 Annual Meeting will be at AJ's, starting at noon on Monday, January 14<sup>th</sup>.*** Even though all members are invited to attend all FHA Board meetings, the Annual Meeting is specifically designed for hearing the voices of the general membership. It is also a wonderful learning opportunity for all of us who, when hearing on the news about the horrific things that can, and do, happen in communities in our country, have thought about Flambeau Hospital's emergency preparedness. Thanks to CAO/CFO and our liaison to Flambeau Hospital Jim Braun, *Jane Eaton-Nyman will speak on the hospital's emergency management preparedness.* The meal is both delicious and inexpensive, and the business meeting short and sweet. Installation of Officers is a ceremony that takes place at hospital Auxiliary annual meetings all over Wisconsin. For the \$11.00 cost of the meal, you have a choice of a chicken or beef sandwich and soup or salad, plus beverage. Tax is included.

The sandwiches will come with fruit or veggies on the side. Please participate in the governance of the FHA by attending the Annual Meeting. Sign up at the Thrift Shop on or before Wednesday, January 9<sup>th</sup> and be a part of the decision-making and celebration of the success of our local hospital auxiliary as we enter our ninety-second year of service to our hospital!

The proposed Bylaws changes have to do with bringing the size of the Board, currently fourteen, down to ten and with the length and allowable number of officer terms. Currently, the four officers serve one-year terms and are limited to four terms. The proposal changes the terms to two years, so that officer elections are not necessary every year, and officers would be allowed up to three consecutive terms. In our current Board structure, the Past President is a voting member of the Board. The proposal eliminates that provision, freeing up the Past President to take another elected position on the Board. Another proposed change is to reduce from three to two the number of At-large Board members elected each year, but keeping the terms at three years and the term limit at two terms. This could have made some term changes necessary for current At-large Board members. On the contrary, the changes seem almost a "meant to be" thing, because one of the Board members whose term ends in two years has moved out of the area, and one of the Board members whose term ends next year has resigned from the Board. Of the three whose terms end now, one was termed-out, so ineligible for re-election.

***Elections took place at the December meeting.*** Re-elected at the meeting for another three-year At-large term were Carol Boettcher (762-3132) and Sandy Dane (762-4390). Thanks to Cheryl Szymik (762-4399, termed-out) for your many years on the Board! The two who have one year remaining of their term are Mary Lou Cuddeback (762-3387) and Marvie Bichanich (762-4538), and the two with two years remaining are Erika Carden (762-4404) and Kathy Lustig (339-6076). Sandy Dane also chaired the five-member Nominating Committee this past year, so thank you, Sandy, for doing that, as well!

The following officers were elected for 2019: Vice President Marilee Lealos (762-3894), Secretary Amy Hulbert (661-0962), and Treasurer Carolyn Herbst (762-4801). No one was elected President, so after the 2019 Annual Meeting, the Presidency will be vacant. (I am termed out under the current Bylaws, but could serve another term under the proposed Bylaws, but declined to do so.)

A big THANK YOU goes to the 2018 Nominating Committee: MaryLou Cuddeback, Marvie Bichanich, Alice Ross, Sandy Dane, who agreed to chair the committee, and newest Committee member Rhea Lucht. Sandy Dane will automatically continue onto the 2019 Nominating Committee. Elected to return to the Nominating Committee are MaryLou and Marvie, leaving two vacancies for non-Board members. ***Let's all give a huge thank you to all of our officers, At-large Board members and Nominating Committee members for their willingness to serve!***



Left to right: Kathy Lustig, Sandy Dane, Marvie Bichanich, Carol Boettcher, Cheryl Szymik, Jim Braun, Arlene Morrison, Ginny Bosse, Carolyn Herbst, Rhea Lucht, Amy Hulbert

The past several years, the FHA has given its annual donation to Flambeau Hospital at the June Volunteer Recognition Luncheon, where our active volunteers are honored by the hospital. Starting this year, we will be giving our donations near the end of the FHA's fiscal year rather than the end of the hospital's fiscal year. At the December meeting, the check presentation ceremony took place. ***This year's gift to Flambeau Hospital was \$30,000.00 for Vidas, an Enzyme Immunoassay Reaction platform with a test menu of over 100 separate assays for the hospital's lab.*** The driving factor motivating the purchase of this instrument is the diagnosis and treatment of sepsis. Patients with sepsis have very high mortality rates, and mortality for sepsis increases 7% each hour before treatment with antibiotics is begun. Historically, the diagnosis of sepsis has always been very difficult until it was too late. Currently at Flambeau Hospital, a lactate test is done for sepsis, but the Vidas will allow the lab to perform a Procalcitonin (PCT) assay to assist in diagnosing sepsis, which saves precious time in making the diagnosis. Generally speaking, a sick patient will come to the Emergency Department with some very generalized symptoms. As part of the initial evaluation, blood will be drawn and some general laboratory testing will be ordered. Based on the initial evaluation, further more specific, laboratory testing will be ordered. It would be at this point that the doctor would order a lactate test to rule out sepsis. However, a lactate test must be run immediately after being drawn, so the blood that was previously collected can't be used for the test because it is too old. Therefore, the patient will need to be redrawn, resulting in delays in testing and more needle pokes for our patients. With the Vidas, a special tube of blood will not be required to run one test. The same blood will be able to be used, cutting down on the time to get results to the doctors and saving patients from getting more needle pokes. Further, although Lactate is a good assay, Procalcitonin (PCT) is a more specific marker for diagnosing sepsis. Procalcitonin (PCT) is just scratching the surface of the potential for this instrument. There are plans to do more assays on the Vidas as validations are completed and needs are identified. Bringing in a new test of this nature will cost the hospital thousands of dollars in validation and certification efforts before the first patient can be tested, which are expenses after the instrument is already purchased.

***On Tuesday, September 4<sup>th</sup>, Superior hosted the 2018 Fall Northwestern District Meeting.*** St. Mary's Superior Hospital CEO Terry Jacobsen told about the hospital's response to the explosion at the Husky Refinery on April 26, 2018. The room we met in was initially the hospital's "Command Center" while the hospital was outside the evacuation zone. When the winds shifted, the hospital fell within the evacuation zone and patients were transferred out, and a sign put up outside the hospital directed people to their sister hospital, St. Mary's Duluth. The two hospitals were very prepared for an emergency, so both were on-alert immediately and connected via on-line camera. Through After Action Reports a thorough self-evaluation was done. Mr. Jacobson reported on the

many noted during the evaluation. Determined to be the most important learning was that there needs to be “one source of truth”. That means all reports needed to go to one person who would then have the complete picture of what was happening and could make informed decisions on what was needed where and when. The Emergency Preparedness of our hospital is not something we, as “lay people” think about, but it is great to learn about how their preparation made things go as smoothly as they did during a real emergency situation.

***The spring NW District meeting will be on Tuesday, April 2, 2019, in Hayward.*** Spring Tour is when Partners of WHA President Jan Molaska, President-Elect Peg Larson, and the Community Health Education and Public Policy Education Chairs (to be announced) travel to every district. In some ways, I will miss not going to all seven district meetings this year, but I will not miss doing the PowerPoint presentations on the proposed Bylaws amendments! Because the proposed Bylaws did not pass during the 2018 Partners Annual Meeting, they will be revisited by the Committee and then the Board in March and presented in its revised form by President-Elect Peg Larson on Spring Tour and for a vote at the 2019 Convention, which will be October 1-3, in Appleton. Mark your calendars and plan to attend both of these important events!



Left to right: Partners President Jan Molaska, Ginny Bosse, Arlene Morrison, Rhea and Gordon Lucht, Marilee Lealos

The five FHA members who attended ***the 2018 Partners of WHA Convention on October 2<sup>nd</sup> – 4<sup>th</sup>*** are shown with WHA President Jan Molaska, a dear lady who has become a good friend of mine over the past several years. Very shortly after her installation as President-Elect, she needed to take over many of President Mary Licht’s presidential duties because of Mary’s cancer diagnosis and treatments. By the 2017 convention, Mary had taken a leave of absence, and Jan presided over the convention in her absence. Less than three weeks later, Mary passed away, moving Jan into the presidency to officially finish Mary’s term. I was privileged to be appointed by the Partners’ Board to serve as temporary President-Elect through December 31, 2018. Working with Jan has been a joy! At the 2018 convention, Peg Larson of Oshkosh, who will be finishing her second term as

Partners Treasurer on that same date, was elected President-Elect by the delegates at the convention. Sharon Scott of West Bend, who will also be serving as the 2019 Convention Chair, was elected Secretary, and Julie Steiner of Viroqua was elected Treasurer. The Installation of Officers took place during the convention, and the four take office January 1, 2019. Besides attending the Annual Meeting held during the convention, the five of us FHA folks also attended workshops and award ceremonies, browsed the hospital displays and vendors, ate wonderful food, reconnected with old friends and made new ones. The Partners Convention is always a wonderful experience, so set aside Tuesday-Thursday, October 1-3, 2019, on your calendars and plan to attend.



FHA members did well, AGAIN, in the Partners’ Ticket Raffle, with Rosie Voltz winning the Northwestern District’s basket – a fun coincidence that it was our own district’s – and Patt Golomb winning the Amish quilt! *Tickets for next year’s raffle will be available for purchase after the spring Northwestern District meeting in April.*

### **Mental Health/Suicide**

- Suicide by definition is a violent death by self-directed injuries with intent to die. Suicide ideation is thinking about or planning suicide.
- Suicide is a serious mental health problem: the 10<sup>th</sup> leading cause of death in the United States. The Wisconsin suicide rate has increased 19 to 30% from 1999 to 2016, the latest figures available.



- Suicide prevention is simple – decrease the risk factors and increase the coping factors. Risk factors include family history, previous attempts, isolation, and feelings of hopelessness. Prevention of suicide attempts begins with identifying persons at risk by asking if they are “sad”, “lonesome”, or “blue”. Coverage of mental health issues must be offered in health insurance policies. There is a need for more mental health providers in rural areas.
- Price County has the Justin Donner Memorial Fisheree the last Saturday of each January in his memory. In talking to the family, Mrs. Donner stated that they “wanted to make a difference . . . to teach the community suicide is not the answer.”
- The website is [www.jpddwarrior.com](http://www.jpddwarrior.com). I have the family’s permission to put the website out.
- Last words – There but for the Grace of God goes me or one of mine.

Respectfully,  
Rhea Lucht, FHA Community Health Education (CHE) Chair

Sources: Center for Disease Control; *Milwaukee Journal* website; Mrs. Jane Donner  
(The opioid crisis is the community health issue Mary Licht chose for her term. Jan Molaska has chosen Mental and Behavioral Health.)

**The Thrift Shop continues to do a brisk business and so far is able to be open six days a week. However, it will be closed during the Holidays, from Monday, December 24<sup>th</sup> and reopening on Wednesday, January 2, 2019.**

**No simple “Thank you” can express my gratitude, and that of the FHA, to Arlene Morrison for a job well done in her service as Thrift Shop Chair for 2017 and 2018!** The Thrift Shop cannot run without all of our volunteers. If **you** are not already a Thrift Shop volunteer, please give the Thrift Shop a try! Giving a few hours of your time, whether on a regular basis, as a substitute now and then, or as a drop-in helper, will help the Thrift Shop continue to thrive. Though they are also motivated by a desire to help the FHA and the community, the Thrift Shop volunteers truly enjoy the work and the camaraderie at the Thrift Shop! Call the Thrift Shop at 715-762-4800, or just stop in and leave your name and number. New volunteers receive training. Nearly all of FHA’s money is generated by the Thrift Shop, so be sure to keep donating items and keep shopping there to help make possible donations like the \$30,000 given this year for the Vidas.

***Please note:*** So far during our 2019 Membership Drive, the FHA has signed up 67 members. Anyone who joined for 2018 and/or 2019 is receiving this last newsletter of 2018. Those who are 2018 members and have not rejoined for 2019 will find an enrollment form included in the mailing. The form and \$5.00 can be mailed to Flambeau Hospital Auxiliary, PO Box 310, Park Falls, WI 54552. You don’t even need to bring the form if you sign up with Crystal Cowling at the Murphy Building or at the Thrift Shop. If you receive this newsletter via email and have not renewed for 2018, you will get a reminder email early in the new year. Please rejoin the Auxiliary for 2019 – everyone’s dues dollars help us in our mission!



Whatever holidays you celebrate in December – ENJOY – and I hope that 2019 is a wonderful year! Whether you love or merely tolerate winter, I hope you get through it without any falls on the ice, winter colds or other maladies! May 2019 bring good health and good times with family and friends! See you at the Annual Meeting at AJ’s at noon on Monday, January 14th!

Love, Peace, and Joy,  
*Ginny Bosse*

