



HEARTLINE

RMC AUXILIARY NEWSLETTER • NOVEMBER 2020

MESSAGE FROM THE PRESIDENT

We have moved into the Fall season of 2020. It has arrived and given us some cool weather and some warmer weather also. Even though there are many things we have not been able to participate in this year, we have found ways of doing things in some very new and productive ways.

While a face-to-face Partners of Wisconsin Hospital Association State Convention was cancelled, it was held through a virtual meeting on October 7, 2020 from 9 to 11:30 a.m. There were 73 people attending the meeting. Business was held as usual. Next year's state convention is scheduled for October 5 to 7, 2021 at Madison West Marriot. The theme is "Together We Build a Better Future". There will be no Honor Points, Best of the Best or Wave Awards in 2020 due to COVID-19.

Barb Behlen, Bobbie Pollesch and Julie Stellmacher attended the Lakes District Meeting virtually on October 22, 2020 at 9 a.m. Ten different hospitals, including Ripon Medical Center, gave an update on their past year and what their Auxiliaries have been doing. RMC was one of the few hospitals that continued to hold monthly Auxiliary meetings and was able to continue their candy sales and will be having Lights of Love in a modified fashion. The Spring District meeting will be held at St. Nick's Hospital in Sheboygan virtually. A date has not yet been established.

The Auxiliary has decided to not hold any face-to-face meetings for a few months due to the high numbers with COVID-19. We will continue to do business through e-mails and may hold a Zoom meeting, if necessary, in the near future. There will be no luncheons and limited fundraisers due to COVID-19. The Lights of Love correspondence has gone out and we hope to have a successful fund-raiser for the Auxiliary. The Board did want to continue to put out this newsletter to let the Auxiliary members know what has been happening these past months.

I hope everyone is doing well and I wish all of you a Happy Thanksgiving, and Happy and Healthy Holidays. Please take care and stay safe.

Julie Stellmacher, President



Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. ~ Author Unknown



We have a lot going on at Ripon Medical Center these days - all exciting developments to help us continue our efforts to grow and offer as many services as possible at a local level. I am proud to share with you but a few of these key advancements.

Community Support

The Foundation for Ripon Medical Center saw strong community support as it conducted a virtual raffle leading to the drawing of five prize winners in early November. Funds will be used to purchase BiPap (bilevel positive airway pressure) machines to help patients with medical concerns making it hard to breathe, like COVID-19. A BiPap machine can help push air into the lungs. Patients wear a mask or nasal plugs that are connected to the machine. The BiPap supplies pressurized air into the airways. This equipment can be vital to keep patients from having an airway close and placed on a ventilator.

Employee Self-Screening Kiosks

In late September, Agnesian HealthCare began piloting a new self-service screening kiosk for employees at the Division Street campus in Fond du Lac. Self-screening kiosks have been explored to address increasing difficulties in staffing employee screening stations in addition to labor costs associated with these areas.

The kiosk features a contactless thermal camera which provides an immediate temperature reading for the employee through the eye's tear duct (must line up face/eyes to outline on the screen). From there, the employee will place his/her hand under the hand sanitizing station and once that is complete, they have 15 seconds to proceed through the turnstile.

After a very successful pilot, two kiosks were moved to a new, permanent location in mid-October within the St. Agnes Hospital main entrance. This new location allows the kiosks to be monitored and assisted by the available patient screener.

Additional kiosks are being secured for the Agnesian Health Plaza A, Ripon Medical Center and Waupun Memorial Hospital thanks to funding from the Agnesian HealthCare Foundation, The Foundation for Ripon Medical Center, and the Fond du Lac County Health Department.

Excellence in Tissue Donation Award

Ripon Medical Center has been honored by University of Wisconsin Organ and Tissue Donation (UW OTD) for its ongoing commitment to saving and improving lives through organ and tissue donation. UW OTD is recognizing Ripon Medical Center with the Excellence in Tissue Donation award as Versiti partner hospitals who are achieving at least a 60 percent consent rate. This metric measures the collaborative work between the hospital staff and tissue bank in coordinating communication around tissue consent conversations.

Medical Staff Scholarships

Three area students who intend to pursue careers in health care have been awarded scholarships from the Ripon Medical Center Medical Staff. Scholarship recipients were chosen from among area high school seniors who plan to pursue a career in health care. The following seniors are recipients of \$2,000 scholarships.

- Jenna Brantley, a Ripon High School graduate, plans to pursue a degree as a labor and delivery nurse at the University of Wisconsin-Madison. Her parents are Doug and Dawn Brantley.
- Kaylee Chapman, a Markesan High School graduate, plans to pursue a physical therapy degree at the University of Wisconsin-Eau Claire. Her parents are Jason and Julie Chapman.

- Molly Soda, a Princeton High School graduate, plans to pursue a career as a pediatric nurse at the University of Wisconsin-Green Bay. Her parents are Kevin and Mary Soda.

Mobile Meal Donations

The Ripon Medical Center Mission Action Team is collecting money to cover Thanksgiving and Christmas Mobile Meals. The Ripon Medical Center Mobile Meals currently serves 27 people with meals at \$5 each. The team's goal is to collect \$270 to cover both Thanksgiving and Christmas meal.

Strength/Conditioning Coach

Brandon Zemke is now serving as the first-ever strength and conditioning coach in Ripon College's storied history. Zemke joined Ripon Medical Center and its athletic training team and appreciates Ripon College and its great academic and athletic reputation. Zemke works with athletes throughout the year to develop their physical abilities of strength, speed and conditioning to help them achieve their performance goals.

DeAnn Thurmer, President, Ripon Medical Center and Waupun Memorial Hospital

Check This Out!!!

The RMC Auxiliary has a new landing page on the Agnesian Health Care web site. You can find membership and Lights of Love information there.

<https://www.agnesian.com/page/rmc-auxiliary>

TREASURER'S REPORT



FINANCIAL REPORT - OCTOBER 31, 2020

The financial report on October 31, 2020 is for the first four months of our fiscal year. Not much has changed since our last report. The gift shop is still closed and most of our fundraisers were cancelled. We do have the Vande Walle's Candy Bar Sale going on. Through October, we have made \$180 with \$400 left to sell. We are also participating in the Markesan Piggly Wiggly Round-Up Program and received \$879.70 in October.

We have had 50 members pay their dues for this fiscal year. Donna Schulz is still collecting dues if you haven't already paid. Three members attended the virtual District Meeting in October at no cost.

There were a couple of small sales in the Gift Shop. Merchandise began coming into the shop in August from orders made last winter, so we have incurred cost for this. The good news is that we have new merchandise for sale once we are able to open up again. You will notice that there is no budget for this fiscal year. The Board felt that there are too many unknowns to be able to project income and expenses for this year. So, we are just doing what we can. We had \$10,574.77 in cash at the end of October. So, we have the funds to start up again whenever we are able.

RMC Auxiliary, Inc. Treasurer's Report		
Four Months Ended October 31, 2020		
	Four Month	Annual
	Actual	Budget
INCOME		
Fundraising	\$ 1,923.70	\$ -
Donations	50.00	-
Membership Dues	500.00	-
Gift Shop Sales	144.80	-
Total Income	\$ 2,618.50	\$ -
EXPENSES		
Fundraising Expenses	\$ 889.00	\$ -
Sewing Supplies	-	-
Luncheons - Net	-	-
State Conventions/District Meetings	-	-
Organization Expenses	62.20	-
Gift Shop Expenses	2,534.92	-
Total Expenses	\$ 3,486.12	\$ -
Net Income Before Distributions	\$ (867.62)	\$ -
DISTRIBUTIONS		
Scholarships	-	-
Donations for RMC	-	-
Total Distributions	\$ -	\$ -
NET INCOME AFTER DISTRIBUTIONS	\$ (867.62)	\$ -
CASH BALANCES	\$ 10,574.77	

Happy
Holidays!



VOLUNTEER NEWS AND NOTES

Thank you all for your continued patience through this past year. As the Ripon area is still in phase one, we are continuing to limit the amount of people in the hospital. This means we are not yet ready for volunteers to come back. We hope someday soon this will change. Volunteer Services thanks you all for your continued support.

Julia Treichel, Volunteer Coordinator for Ripon Medical Center and Waupun Memorial Hospital

PROGRAMS UPDATE

RMC Auxiliary Luncheon/Meetings Cancelled Until Further Notice.

The Auxiliary Board decided to suspend further luncheon meetings until further notice. With the continued pandemic situation, we want to keep everyone safe and healthy. We wish you happy and healthy holidays and pray that 2021 brings us together again. We miss seeing you all!

If you have any suggestions about future programs, please contact me at (920) 539-2150 or kanddshady@gmail.com.

Happy Thanksgiving, Merry Christmas and Happy New Year!

Diane Shady, Chairperson, Programs

MEMBERSHIP

Please submit your 2020-2021 dues payment if you have not already done so. Make your check for \$10 payable to RMC Auxiliary and send it to:

Donna Schulz
N7297 County Rd FF
Ripon, WI 54971

Thank you so much and stay healthy.

Donna Schulz, Chairperson, Membership



COMMUNITY HEALTH EDUCATION

Mental Illness and Substance Use: The 2 Often Go Hand in Hand, So Why Is It So Difficult to Get Help?

In the United Kingdom (UK), it's estimated that 86 percent of people who access treatment for alcohol use experience mental health problems. Similarly, 70 percent of people in treatment for drug dependency also have a mental illness. For those people who report coexisting mental health difficulties, depressive and anxiety symptoms tend to be the most common.

In the United States, the National Institute on Drug Abuse (NIDA) estimates that nearly half of those with a substance use disorder also had mental illness and vice versa. The two conditions contribute to each other: those on drugs can develop mental illness and those with mental illness may seek respite in drugs.

Often people with substance use issues find getting help for their mental health is difficult and frustrating—as there's often the view from mental health professionals that patients need to stop using drugs or alcohol before they can access treatment.

But herein lies the problem because, for many people, using a substance can be the way they cope—or mask mental health difficulties. Asking them to stop using drugs or alcohol means taking away their coping strategy and without immediate support, it's likely that person will return to using substances to cope with psychological distress.

This often leads to a revolving-door scenario, whereby the person will ask for support from mental health services only to be told to stop using substances. They stop using substances but can't get support for months thanks to long waiting lists, so end up returning to substance use to cope.

In the United States, NIDA found those with co-occurring drug and mental illness disorders also struggled to get the treatment they needed. For slightly over half of them, cost was the largest barrier. Of those who got treatment, 34 percent received mental health care only, 9 percent received dual care, and 4 percent only received substance use treatment.

‘Dual Diagnosis’ - Someone with both a mental illness and substance use disorder is considered to have a “dual diagnosis”—a concept that emerged in 1990. In 2002, the United Kingdom’s Department of Health reported that supporting people with dual diagnosis was one of the biggest challenges facing frontline mental health services.

The report highlighted how fragmented care leads to people falling between the cracks in services. It warned that “patients should not be shunted between different sets of services or put at risk of dropping out of care completely.”

The report also stated that people with dual problems deserve high-quality, patient-focused, and integrated care, which should be delivered within mental health services. But 18 years on from these findings, sadly nothing has changed—if anything, things have got worse.

Many suicides involve people with mental health problems and substance dependency. (Viajero/Pexels) The results show that only 58 percent of the National Health Service (NHS) trusts record data about people with a dual diagnosis and that only 28 percent of those trusts had specific teams that offered treatment. The remaining trusts outsourced treatment to voluntary or private-sector substance use services. This means that where you live affects the type of care you will be given—creating a post code lottery for people trying to access support and treatment.

From data collected, only 11,486 UK patients were recorded to have a dual diagnosis. Yet it’s estimated that 586,780 people are alcohol dependent in the UK—so it’s likely that the real figure is far higher.

There are several reasons why the data collected isn’t a true reflection of the prevalence of dual diagnosis—and one reason is the term itself. There isn’t a clear definition of “dual diagnosis”—and services often develop their own local word or use the term “co-occurring mental illness and substance use” instead.

Another reason is that people with a substance dependency may not go to the doctors for help with their mental health for fear of being rejected. Hearing the words: “We can’t treat your mental health if you are using substances” is becoming the norm for people with substance use. This discrimination and stigmatization put people’s lives at risk.

People can fall between the cracks and struggle to access any help or support. (Pexels/Sarah Dietz) COVID-19 has presented significant challenges to UK health care systems and public health policies. Disruption has led to community-based services grinding to a halt due to the redeployment of health care workers and quarantine restrictions. People with a dual diagnosis not only suffer from their mental health and substance use, but most will also have multiple needs. Some will have experienced significant trauma, live in poverty, may be known to the criminal justice system, and have little or no support in the community.

Research has shown how past crises significantly affected the more vulnerable in society, leading to an increase in substance use. So, it would be remiss to think that mental health difficulties and substance use will not increase in the wake of the pandemic. In fact, it runs the risk of overwhelming an already exhausted NHS.

This is why an integrated approach to care is needed, as well as a culture change in terms of how health

care professionals work with and treat people with mental health problems and substance use. The stigma must be banished now—before it's too late.

Article by Simon Bratt, November 9, 2020

Simon Bratt is a mental health social worker and doctoral candidate at Staffordshire University in the UK. https://www.theepochtimes.com/mental-illness-and-substance-use-the-2-often-go-hand-in-hand-so-why-is-it-so-difficult-to-get-help_3560097.html

Barb Benkoski, Chairperson, Community Health Education

PUBLIC POLICY EDUCATION UPDATE

US Representative Glenn Grothman has some top priorities for when the 117 Congress meets. He will support pushing to move our health care system in the right direction. This requires standing strong on foundational principles. Health care reform must be patient centered. Empowering parties to make responsible choices with health care and health insurance. Health care reform must adhere to free market principles. Hospitals, health insurers, doctors will compete among themselves to provide the best service at the lowest cost to the American people. This is only one of his top priorities he will work on in congress.

Stay safe, mask, wash hands, social distance.

Sandy Krueger, Chairperson Public Policy, Education

RMC AUXILIARY HELPS FIGHT AGAINST COVID-19

The RMC Auxiliary through its fund-raising activities was able to donate a transport ventilator and two portable oxygen saturation monitors to RMC. This equipment provides hospital staff with a safe and efficient way of helping patients diagnosed with COVID-19. On September 17, 2020, the Ripon Commonwealth Press did a nice article about the Auxiliary's donation. You can read it at the link below. Thank you to all who helped to make this possible.

https://www.riponpress.com/eedition/page-004/page_90cdeb05-96f9-593d-9846-6e5efb33e0b2.html

FUNDRAISING OPPORTUNITIES

Lights of Love

There will be no raffle included with the Lights of Love this year and no program because of COVID-19. A mailing has been sent out with promotional information about buying lights to members and the public. This will be our major project to raise the \$3,000 needed for our scholarships in spring of 2021.

Rounding Up Fundraiser

The RMC Auxiliary participated in the fall Grocery Store Round Up at Ted's Piggly Wiggly in Markesan. We received \$879.70 in donations from community members rounding up to the nearest dollar amount at checkout. An application has been submitted to Crossroads Market in Green Lake to be on their monthly calendar for Rooster Round Up some time during 2021.

Candy Bar Sales

We have candy bars at a few places in Ripon. If any member would like to sell candy bars, call Georgia (920) 346-5607.

Poinsettia Sale

The Poinsettia Sale planned for this year was cancelled due to concerns with COVID-19.

Flower Basket Sale

THINK SPRING! Our sixth annual Spring Flower Basket Sale will be underway starting in February 2021. More details in the next newsletter. Radene Abel will again be chairing the project.



Georgia Stellmacher, Chairperson, Fundraising

GIFT SHOP

The gift shop is still closed and all looking forward to COVID-19 control so we can open again. Other gift shops in our Lakes Regional are experiencing the same thing. They are only able to open if the volunteer coordinator is able to staff the shop. All of our new merchandise will be waiting for us when we return so we can be happy shoppers again!

Gift Shop Committee

RMC Auxiliary Board Members

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2020 Lights of Love

The annual Lights of Love fundraiser has kicked off. By now, you should have received your materials in the mail. Please respond generously and share the extra brochures with others. Proceeds will be used to fund the three \$1,000 scholarships we will award to students pursuing a career in health care. Since our other fund-raisers are so limited this year, we want to be sure we have the resources to support these young people. We are not able to leave brochures around the hospital, but the brochure can be accessed at <https://www.agnesian.com/page/rmc-auxiliary>.

We will not be having a tree lighting event this year, but the tree will still be lit with white and colored lights shining in memory or honor of loved ones. The names of these individuals will be published in the Ripon Commonwealth Press, on December 17.

Bobbie Pollesch, Chairperson, Lights of Love

Buy a Light of Love

