

SSM Health Ripon Community Hospital Auxiliary Newsletter

September 2024



Ripon Community Hospital Auxiliary Luncheon Monday, September 23, 2024

Ripon Community Hospital Green Lake Room
12 noon

Alzheimer's and Other Dementias - Early Warning Signs, Research, Resources, and Prevention

Julie Schwartz oversees SSM Health's Adult Day Services. She facilitates a monthly support group for dementia caregivers for the Alzheimer's Association and is also involved with and serves on the Fond du Lac County Walk to End Alzheimer's committee. Julie participates in advocacy work at the state capitol and is a leader in the dementia industry within our local community and for SSM Health.

Enjoy a meal catered by Adam's Rib for the cost of \$10 which can be paid for at the door.

RSVP to Diane Shady, no later than Friday, September 13, 2024, by calling 920-539-2150 or by email at kanddshady@gmail.com.

Please indicate if you have any special dietary needs when making your reservation. Reservations made and not honored will be charged the cost of the lunch.

Mark your calendars for our September 23 luncheon.

If you have any suggestions about future programs you would like to see at our luncheon meetings, please contact me.

Diane Shady, Chairperson, Programs

Mum Sale 2024



September 9 & 10

MESSAGE FROM THE PRESIDENT

Our summer months are gradually coming to an end. How did that happen? The brat fry sales have come to an end for the season and the mum sale is right around the corner.

Our mum sale is scheduled on Monday, September 9 and Tuesday, September 10 from 9 am until 5 pm, or until the mums are gone. The sale will be held at the front entrance of the Ripon Community Hospital. Prices will range from \$15 to \$25. More information is noted in the newsletter.

Our gift shop is doing very well! Thank you to Jeanne Payton for now heading up the gift shop. Mary Schieffer has officially retired after 20 years as a volunteer and chairperson of the gift shop. Thank you so much for your dedication and hard work over the years. It is truly appreciated. Mary was recognized at our last luncheon and presented with flowers. I will always remember Mary, as she was one of the people who encouraged me to join the Auxiliary and get involved with the hospital.

Our next luncheon will be held Monday, September 23 at noon at the hospital in the Green Lake Room. Lunch will be served by Adams Rib and Julie Schwartz from SSM Health Adult Day Services will be speaking on dementia, etc. There is more information in the newsletter.

The 2024 WHA Partners State Convention is scheduled at the Holiday Inn in Stevens Point on October 1 to 3. Please contact me if you are interested in attending.

I want to thank Jackie Halverson for stepping up and taking on the Community Health Education and Public Health Education positions within the Auxiliary. It is very much appreciated!

The Auxiliary Board did not meet in July, which is normal for the group. But we are back in action and working on some fundraising items for the next year.

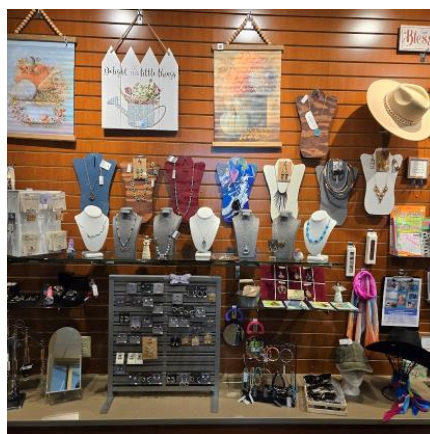
I hope all is well with all of you and I look forward to seeing you at our upcoming luncheons and fund-raising events.
Julie Stellmacher, President

GIFT SHOP

Summer has flown by! It's hard to believe we are getting ready for fall. The new fall items have just arrived and will be on display. Make sure you come in and check them out.

We have a new volunteer working in the gift shop; her name is Barbara LeGault. If you get the chance, stop in and say hello. She'll be volunteering on Thursday mornings.

I hope everyone has a warm and wonderful fall season.
Jeanne Payton, Chairperson, Gift Shop



Christmas Sneak Preview

WHAT'S NEW AT SSM HEALTH RIPON COMMUNITY HOSPITAL

An update from DeAnn Thurmer, President, SSM Health Ripon Community Hospital and SSM Health Waupun Memorial Hospital, and Nicole Gill, Vice President, Clinical Administrator, SSM Health Ripon Community Hospital and SSM Health Waupun Memorial Hospital

We have a lot going on at SSM Health Ripon Community Hospital these days - all exciting developments to help us continue our efforts to grow and offer as many services as possible at a local level. We're proud to share with you but a few of these key advancements.

Joint Commission Preparations

SSM Health Ripon Community Hospital is preparing for a mock Joint Commission survey this fall. A Joint Commission mock survey can be an invaluable preparation tool for health care facility and environmental health and safety managers as they prepare for Joint Commission triennial accreditation surveys or other certification reviews. By allowing an expert with a fresh set of eyes to audit our facility, it becomes much easier to identify and close any compliance gaps well before our survey date.

DAISY Lifetime Achievement Award

Jen Bunker, RN, SSM Health Ripon Community Hospital Inpatient, Emergency and Surgical Services director, has been awarded The DAISY Lifetime Achievement Award. The award recognizes nurses who have devoted their life's work to the compassionate care of others.



Award recipients are nominated for their dedication to nursing through active mentoring, role modeling, advocating for their patients and promoting the positive image of nursing. They serve as a beacon of inspiration to those at all stages of their career and in the various and important roles of nursing.

Bunker's nomination shared her dedicated commitment to the hospital and the patients and families it serves.

Jen Bunker is an exceptional nurse. Her years of experience and the care and compassion she provides to our patients and our staff is remarkable. As the single director of nursing for an entire hospital, you do not feel a lack of presence, but rather an omnipresence through her and her team to provide the best care to everyone they interact with.

She is consistently rounding on the units to meet with patients and families. She is also best practice driven and focused on ensuring we are providing the best care that is evidence based

for our patients. Jen is an advocate for education for staff to continue to grow and service our patients in the most up-to-date practices.

Jen participates on the Mission Action Team and leads by example. She is often the first to volunteer for events. Just within the last month, Jen created a yogurt parfait bar and had the proceeds donated to our Employee Relief Fund. Jen has worked shifts to cover for staff when needed (recently covered for a colleague experiencing a death in the family).

Provider Updates

Gynecology: After 35 years with the SSM Health Fond du Lac Regional Clinic, Theodore Miller, MD, obstetrician/gynecologist, will be retiring from his gynecology practice at our Ripon location on September 4, 2024. We thank Dr. Miller for his years of dedicated service to his patients both in Fond du Lac, Ripon, and surrounding communities.



Drs. Karen Meyer and Michelle Bahn-Palma, both board-certified obstetricians/gynecologists, will be providing gynecology services at SSM Health Ripon Community Hospital. They will both continue seeing patients in Waupun as well.

Dr. Meyer has served more than 17 years at the SSM Health Fond du Lac Regional Clinic. She earned her medical degree from the St. George's University School of Medicine and completed her OB/GYN residency at the Medical College of Wisconsin.

A graduate of the Des Moines University, Dr. Bahn-Palma completed her obstetrics and gynecology residency at Mercy Health Partners in Muskegon, Michigan. She is board certified by the American Osteopathic Board of Obstetrics and Gynecology.

COMMUNITY HEALTH EDUCATION

Youth Suicide Prevention

Suicide is a leading cause of death among U.S. children, teens, and young adults ages 10 to 24. Unfortunately, those rates are rising. While no single cause has been identified, suicide is often preceded by depression, that is undiagnosed and untreated. Most youth show some warning signs or behavior changes in advance. Parents and physicians can work together to identify if a child or teen is struggling with depression, anxiety, or substance abuse, all of which increase the risk of suicide.

Janet Lee, MD, and a fellow of the American Academy of Pediatrics, indicates, "Suicide is complex, but also predictable." She emphasizes, "when a person talks about killing themselves or feeling helpless or trapped, it should always be taken seriously." Asking your child or teen directly about their mental health or if they are contemplating suicide is the best way to know what they are thinking. Studies show it is safe to ask about suicide risk and that asking the question will not put the idea of suicide into their head. Watch for major changes in your child's sleep patterns, appetite, and social activities. Self-isolation, especially for kids who normally enjoy hanging out with friends or participating in activities, can signal serious difficulties.

Suicide is often an impulsive act and in a moment of crisis can escalate quickly. If your child or someone you know is considering suicide, call, or text 988 or chat on 988lifeline.org immediately. The Lifeline provides 24/7 free and confidential support for people in distress, as well as prevention and crisis resources.

Taken from article by Cindy Hermel, community health education chair. Complete article can be found at <https://www.partnersofwha.org/copy-of-health-education>.

Jackie Halverson, Chairperson, Community Health Education

PUBLIC POLICY EDUCATION

Cybersecurity & Health Care

Why has so much attention been given to this topic recently and why specifically to the health care industry? In June of this year, WHA concluded its annual Wisconsin Rural Health Conference where panelists from M3 Insurance and Ghostscale addressed the topic, "*The Rise of Smart Threats: How Artificial Intelligence is Changing Ransomware and Social Engineering*." The presentation was attended by nearly 300 Wisconsin hospital leaders and focused on how artificial intelligence is changing the threat landscape in health care, including how it may allow relatively unsophisticated bad actors to create social engineering and ransomware schemes that can cripple large organizations.

The following are some findings from that conference discussion.

- The health sector continues to be a top threat due to a constantly evolving threat landscape that occurs due to changes and innovations in care delivery.
- Continued fissures in the health care supply chain
- Antiquated hardware and software utilized by some hospitals

Despite some progress being made on security frameworks for email systems, the threat has continued to rise, and so have the premiums paid by the health industry for cybersecurity, some as much as 100%. Further, health care facilities are attractive targets for cyber criminals considering their size, technological dependence, sensitive data, and unique vulnerability to disruptions. A recent article published in April 2024, by Artic Wolf, addressed “The Top 18 Healthcare Industry Cyber Attacks of the Past Decade.” The average cost of a health care breach in the USA was listed at \$10.93 million. That number has increased by over 53% in the past three years. The number of incidents has been growing as well, with over 500 incidents in 2023.

Bill McCullough’s, PPE Chair, summary of that meeting as published in the June 27, 2024, Valued Voice. See <https://www.wha.org/vv-06-27-2024/3> for more information.

Jackie Halverson, Chairperson, Public Policy Education

MEMBERSHIP

Our newest member is Laura Kasuboski, joining for 2024-2025. Please welcome her - perhaps at our September luncheon or on a Tuesday morning in the gift shop where she has been volunteering for many years. Others who have joined since last September include Sue Leonard, Julie Ketter, Tammy Martinek, and Sara Splittgaber. Keep them in mind when you are looking for help with a project.

Recognizing members past and present brings us to this issue’s member who with nine years of service has worked at brat sale, bake sales, flower sales, staff recognition, distributing candy bars and searches for and brings interesting, educational, and entertaining programs for our luncheon meetings and gatherings - always with a smile on her face. Thank you Diane Shady.

Jackie Halverson, Membership, Chairperson

LIGHTS OF LOVE

Lights of Love will go on sale November 1. You will receive Lights of Love materials in the mail. The materials will also be available at the front desk and in the gift shop. Proceeds from this year’s Lights of Love will be used to fund the purchase of a Sit-to-Stand lift for inpatients who have trouble standing up by themselves. It is difficult and dangerous for nurses and other caregivers to help lift them. While the hospital currently has one, it needs to be replaced.

The tree will be lit on December 12 and the list of names will be published in the Ripon paper after that. Names will also be in the Lights of Love book in the hospital lobby. There will be no raffle or program this year.

Please support this very meaningful event.

Bobbie Pollesch, Chairperson, Lights of Love



We may miss a great deal of joy because we expect it to be unusual, dramatic, and spectacular. We are waiting for lights to flash and bells to ring. But the truth is that joy is here, right now, waiting for us to notice it.

~ Veronica Ray

TREASURER'S UPDATE

Financial Report – Fiscal Year Ended June 30, 2024

Here are the financial results for the fiscal year beginning July 1, 2023, and ending June 30, 2024, compared to the three previous years. Fiscal year 2021 was still affected by COVID-19. The gift shop was closed for part of that year and in-house fund raisers were not held. The gift shop has been open all of fiscal years 2022, 2023 and 2024. Gift shop sales were almost 30% higher in FY 2024 than in FY 2023. Expenses were up slightly, but profit before distributions was 39% higher in FY 2024 than in FY 2023.

We were able to raise \$15,025 after expenses from the fund raisers of Lights of Love, Christmas Bake Sale, Flower Basket Sale, Mum Sale, Easter Bake Sale, Candy Bar Sales, Brat Fry Sales and Store Roundups. We also received \$378 in donations. We did not hold a raffle again this year.

Scholarships were increased to \$1,500 each and three were awarded this spring. We provided funds to Ripon Community Hospital (RCH) for a Sit-to-Stand Device, a Pediatric Supply Cart and AEDs, as well as supplies for the inpatient hospitality cart and sewing committee. We purchased five subscriptions to the Ripon Commonwealth Press for inpatients. We provided an appreciation treat to the hospital and clinic staff that was very well received. Cash remaining at the end of the fiscal year was \$33,115, enabling us to make a significant donation to RCH in fiscal year 2025.

We had 31 paid members in fiscal year 2024 who did great and important work for the hospital and the community. Thank you to all.

SSM Health Ripon Community Hospital Auxiliary Treasurer's Report – June 2024

Treasurer's Report	FY 2021	FY 2022	FY 2023	FY 2024
June 30	Actual	Actual	Actual	Actual
INCOME				
Fund Raising	\$ 16,576.70	\$ 27,353.35	\$ 23,959.75	\$ 26,175.69
Donations	61.77	477.46	391.17	378.08
Membership Dues	500.00	430.00	320.00	310.00
Gift Shop Sales	8,796.84	26,165.58	26,999.40	34,977.34
Total Income	\$ 25,935.31	\$ 54,426.39	\$ 51,670.32	\$ 61,841.11
EXPENSES				
Fund-Raising Expenses	\$ 6,911.70	\$ 7,674.95	\$ 11,027.67	\$ 11,150.59
Luncheons	-	58.00	15.60	290.51
State/District Meetings	-	90.00	484.50	888.38
Organization Expenses	102.45	216.05	208.63	151.72
Gift Shop Expenses	5,094.43	15,627.67	17,717.80	22,062.74
Total Expenses	\$ 12,108.58	\$ 23,666.67	\$ 29,454.20	\$ 34,543.94
Net Income Before Distributions	\$ 13,826.73	\$ 30,759.72	\$ 22,216.12	\$ 27,297.17
DISTRIBUTIONS				
Scholarships	3,000.00	3,000.00	3,000.00	4,500.00
Donations for RCH	211.92	11,853.01	10,303.83	16,037.67
Total Distributions	\$ 3,211.92	\$ 14,853.01	\$ 13,303.83	\$ 20,537.67
NET INCOME AFTER DISTRIBUTIONS	\$ 10,614.81	\$ 15,906.71	\$ 8,912.29	\$ 6,759.50
CASH BALANCES	\$ 18,217.09	\$ 36,585.07	\$ 43,246.38	\$ 33,114.92
NET INCOME AFTER DISTRIBUTIONS	\$ 3,293.24	\$ 6,806.57	\$ (8,837.00)	

Bobbie Pollesch, Treasurer

VOLUNTEER NEWS AND NOTES

Hello RCH Auxiliary members:

We hope everyone is enjoying the rest of their summer as things start to wind down for the season. With the change in weather approaching, Volunteer Services is starting to get ready for our yearly annual education paperwork. Please know attendance to any in-person session is optional and is only required by Auxiliary members that also volunteer inside of the hospital. If you are unable to attend the in-person sessions, no worries at all, our department will be happy to mail our annual paperwork out to you.

Ripon Community Hospital is still in need of volunteers for the gift shop and volunteer drivers for the Mobile Meals program. If you know anyone that might be interested or encounter anyone with questions, please feel free to provide my contact information.

Outside of the Auxiliary's activities at Ripon Community Hospital, Volunteer Services would also like to share information about an upcoming fund raiser at St. Agnes Hospital in Fond du Lac in case anyone's in the area. Collective Goods will be hosting a sale on Tuesday, November 19 through Thursday, November 21 from 9 am - 4 pm and Friday, November 22 from 9 am - 3 pm. The sale is scheduled in the St. Agnes Hospital lobby concourse. You won't want to miss this opportunity to purchase quality hardcover books 50-75% off retail price! This sale will feature bestsellers, children's, reference, hobby, nature, wildlife, and cookbooks. The sale also includes a variety of fun and special gift items. The proceeds from the sale will benefit our scholarship fund, and patient programs and services.

Thank each and every one of you for everything you do! We truly appreciate all of you and the amazing things you do for SSM Health and the surrounding communities. Please let us know if we can assist with anything or if anyone has any questions or concerns, we can help with.

Wishing you all the best!

Jason Blonigen, Volunteer Coordinator

Jason.Blonigen@ssmhealth.com | 920-745-3670

FUND-RAISING OPPORTUNITES

Upcoming Events

Fall Mum Sale

The fall mum sale is scheduled at Ripon Community Hospital on September 9 and 10, 2024. Mark your calendars! Contact *Radene Abel*, Chairperson at 920-229-9827 or radenemae1@gmail.com to assist.

Christmas Holiday Bake Sale

We will be holding a Christmas holiday bake sale in early December. Find your favorite recipes and plan to make some delicious treats!

Ongoing Fund Raisers

Culvers Donation Jar

Customers at Culvers continue to be generous by dropping money into our donation jar on the counter.

Candy Bar Sales

We continue with our sales of Vande Walle's Candy Bars. New volunteers are needed. Volunteers take candy bars to a local business and monitor the sales. Candy bars sell for \$1.50 each. Interested in helping? Call Georgia at 920-346-5607.

 **SSMHealth.**
Ripon Community Hospital

Mum Sale 2024



Join the SSM Health Ripon Community Hospital Auxiliary

**Monday, September 9 &
Tuesday, September 10 • 9 am - 5 pm**

Ripon Community Hospital Main Entrance • 845 Parkside Street

The sale will feature a choice of high-quality and multicolored 9 and 10 inch fall blooming plants with some new choices added. These include mums in various colors and sizes, lavender, black-eyed Susan's, cone flowers and purple fountain grass.

Prices range from \$15 to 25 each.

Cash • Check • Employee Quick Charge • Credit Cards

All proceeds will support Ripon Community Hospital programs and services.

For more information, call (920) 229-9827.

Cash Register Sales Roundups

Ongoing dates to be determined by the participating stores of Crossroads Market in Green Lake, Piggly Wiggly in Markesan, and Ace Hardware in Ripon.



Crossroads Market in Green Lake Rooster Roundup raised \$397.72 for the RCH Auxiliary

Pictured with the check are RCH Auxiliary Board Members and Committee Chairpersons

Front Row: Mary Park, Georgia Stellmacher, Bobbie Pollesch, Radene Abel

Back Row: Pat Albright, Diane Shady, Barb Behlen, Jeanne Payton, Julie Stellmacher, Jackie Halverson

Mark your calendar and give the chairpersons a call to volunteer for a fun time assisting at our fund raisers.

Georgia Stellmacher, Chairperson, Fund-Raising

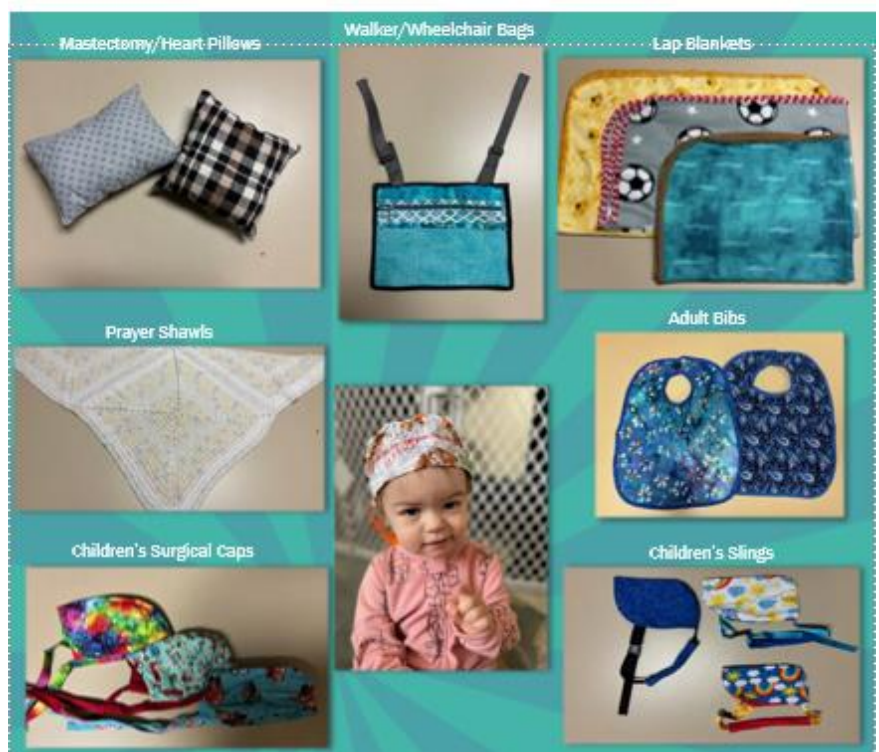
OTHER NEWS

Sewing Committee

**Have an interest in crafts,
sewing, knitting, or
crocheting?**

The RCH Auxiliary Sewing Committee donates items to local SSM Health hospitals and hospice locations. Items include children's surgical caps, prayer shawls, lap blankets, adult bibs, children's slings, mastectomy/heart pillows, walker/wheelchair bags, fidget muffs, and more!

Contact *Jeanne Payton, Sewing Chairperson*, for more information.



2024 Partners of WHA Convention

Plans are underway for "Volunteers-Diamonds in the Rough." The Partners convention is set for October 1-3, 2024 at the Holiday Inn in Stevens Point. This year we are working on more fun, educational workshops and networking. We are trying something new this year with our vendors. A vendor fair will take place for only one day, Wednesday, October 2 from 11 am to 6 pm. It will also be open to the public. *Sheree Schaefer, Convention Chair*

Tuesday, October 1 ~ 12 - 6 pm | Wednesday, October 2 ~ 7 am – 9 pm
Thursday, October 3 ~ 7 am - 12 pm

KEYNOTE SPEAKER: Tom Thibodeau

CLOSING SPEAKER: Yolanda Voigt - Aspirus, Wausau or
Jane Bentz, Aspirus, Merrill

Registration Fees: \$175 Credit Card - \$170 Check Full Registration. Wednesday Only: \$105 Credit Card - \$100 Check.

<https://www.partnersofwha.org/convention>



SECTIONALS	SECTIONALS
TUESDAY 2:45 to 3:45 pm	WEDNESDAY 2:45 to 3:45 pm
1. Family House	1. Hospice
2. Pet Therapy	2. Gift Shops
3. Dealing With Grief	3. Fraud

LIVING IN THE MOMENT

Autumn arrives, tossing a lace curtain of frost over the windows. It moves in to stay awhile. The wind-strewn fragments of falling leaves contradict in a sense, the spirit of gathering.

As I watch flights of birds filling the autumn sky, I wish I knew their names...where they have been and where they are going. They and the squirrels and the little rabbit who stole from my garden all summer and all other earthbound creatures anticipate winter together. As I stack the wood and secure the windows, I feel a natural kinship even with these wild things.

The nights turn cool, and the house begins to creak. Even ghosts are moving back indoors.

The green of summer has drained from the leaves, revealing their beautiful inner colors....yellow, amber, red. As I leave behind another cycle of seasons, I wonder....have my inner colors begun to show?

In autumn I sense a ripeness and readiness in myself. I have loved the fragrant and colorful bloom. I have danced in the shade of cool green branches, and now as I savor the fruit and the flavor of living in whatever moments have fallen to me, I realize that my seedbed of memories and my harvest of dreams are still a part of me....

....And I know that the most important moment in time, whatever the season, whether of dreams or of doing, of planning or gathering, fragrance or fruit....the only moment in time that matters....is right now.

~Adapted from "The Fifth Season" by Barbara Loo

RCH AUXILIARY BOARD/COMMITTEE CHAIRS

Julie Stellmacher, President

920-369-0044 | thomas.julie.stellmacher@gmail.com

Barb Behlen, Vice President & Newsletter

920-450-6525 | barbbe@charter.net

Mary Park, Secretary

920-748-6104 | 2ageless@gmail.com

Bobbie Pollesch, Treasurer

920-229-2746 | bobbiepollesch@hotmail.com

Diane Shady, Programs

920-539-2150 | kanddshady@gmail.com

Jackie Halverson, Membership & Sunshine

Jackie Halverson, Community Health Education

920-539-8292 | jackiehalverson009@gmail.com

Jeanne Payton, Gift Shop & Sewing

920-229-6164 | jmpayton5@gmail.com

Georgia Stellmacher, Fund Raising

920-346-5607 | stellmacher.gaj@gmail.com

Jackie Halverson, Public Policy Education

920-539-8292 | jackiehalverson009@gmail.com

Jason Blonigen, Volunteer Services

920-745-3670 | jason.blonigen@ssmhealth.com

Radene Abel, Flower Basket & Mum Sale

920-229-9827 | radenemae1@gmail.com

Pat Albright, Brat Fry Fund-Raisers

920-748-3072 | waynenalbright@gmail.com

