



Memos from MEMORIAL

Partners of Rusk County Memorial Hospital

Volume 40 ~ Issue I

February 2017

Edition Highlights

- Upcoming Partners Events: Purse & Jewelry Sale, Nuts Sale, Linens Sale!!
- From the President: "Winnie's Wanderings"
- Health Education: Cancer & Obesity
- PARTNERS: Membership

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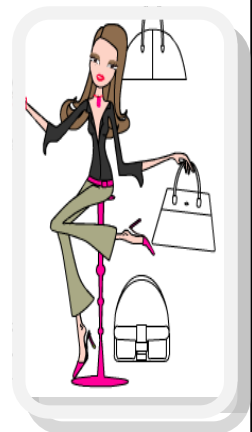
OFFICERS:

- Winnie Lee, President
 Paula Carow, Vice President
 Pauline Lundgren, Treasurer
 Cheryl Petrus, Secretary
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 Bev Lazar, Gift Shoppe  
 Amanda Thompson, PR

## **SAVE THE DATES: BACK BY POPULAR DEMAND!**

### **PURSES, JEWELRY, BELTS, SHOES, SCARVES and MORE! OH MY!!!**

On February 17 (Friday) ~ from 7:00 a.m.—4:00 p.m. in the hospital's Riverside Room (lower level), we will be having a gently used purse & jewelry (and more) sale. Donate your unused or unwanted gently used items to Carolyn, Volunteer Services, by February 16th AND come shop for new-to-you accessories at reasonable prices on the 17th. Goodies and coffee will be served!



### **Nuts, Snack Mixes, Chocolates & Candy SALE**

On Tuesday, March 21 @ 10:30 to 5:00 p.m. & Wednesday, March 22 @ 7:00 a.m. to 5:00 in the Flambeau Room, the Partners will be hosting a NUT sale!

"The Nut Man" will be selling selections such as roasted salted almonds, deluxe mixed nuts or jumbo cashews, honey toasted cashews, pecans or peanuts, and natural pistachios in the shell.

That's not all! The Nut Man also offers a variety of snack mixes, chocolate coved nuts, pretzels, malted milk balls and raisins, salt water taffy, and candies & gummies! These 10 oz. packages make wonderful gifts as well!!

### **GENEVA SHEET, LINENS, SHERPA & PILLOW SALE:**

**BACK BY POPULAR DEMAND!** On Thursday, April 6 and Friday, April 7th from 8:00 a.m. to 4:00 p.m. in the Flambeau Room, the Partners will be hosting a linens sale: 900 & 1200 thread count linen sheets, Sherpas, bamboo pillows... A Geneva linens expert will be there to answer your linen questions. Goodies and coffee will be served!



# President's Corner ~ Winnie's Wanderings



Wow, what a year!! Everyone is guessing, "will it be better, or will it not?" Looking back at 2016, one would almost have to say no. However, we at Ruck County Memorial Hospital as an Auxiliary are bound and

determined that we are going to make 2017 one of the best. We are making great strides, people seem very optimistic, and everyone is working to see that we have the best hospital possible. There are a lot of things you can do as an observer. However, we don't need observers; we need movers and shakers. We would like you to consider being one of them. Last year we accomplished so much because we pulled together. We finished the Healing Garden, installed the "Threading the Needle" statue in the garden, and we raised money for other projects. Some of them include a portable arm/leg exerciser and a Schwinn bike (for the Cardiac Rehab department), money towards a temporal thermometer and money towards hazard vulnerability equipment.

From small things come big things, but it takes people. We can plan as many grandiose projects as we want but we need help to complete them. Last year for fundraising we had a gently used purse, jewelry, belt, and scarf sale; Geneva Linin sale; a pre-Christmas sale; two Kringle pastry sales; a beverage, chip and candy sale, for a total of \$4,359.76. A project in 2016 was the Love-Light Tree, which raised \$1,817.00.

Keep in mind that the hospital Auxiliary is not only about raising money; it is about caring for people, sharing with people, and about helping people when they need it. We are going to undergo so much political changes in the next three months. We need to keep in mind to be aware of those changes, to try to facilitate those changes, and to move our mission forward. One person can't change anything, two is better, a hundred is more. We'd like you to be one of the hundred. Meet with a board member, talk with a board member, find out what we do and consider us as a worthy organization to join.

Best wishes for 2017 and remember, only you can change the world.



**Temporal Thermometer**



**Arm/Leg Exerciser**



**Schwinn Stationary Bicycle**

## Why Should I Join The Partners? What Do They Do? What Would Be Expected Of Me?

By Bev Lazar, Gift Shoppe Manager

The Partners of RCMH is a non-profit organization that supports and aids the health community of Rusk County. Partners is made of volunteers joining together for a common cause, mainly the Rusk County Hospital. In the past year, the Partners held several fundraising events, including a purse and accessory sale in February, linen sale in April, Gala in June, pre-Christmas sale in October, and Kringle sales in November and December. We also host an annual meeting, appreciation lunch, Christmas TEA, Love-Light Tree ceremony, and attend district meetings and the annual WHA Partners Convention.

Well then, if you are NOT into meetings, you can volun-

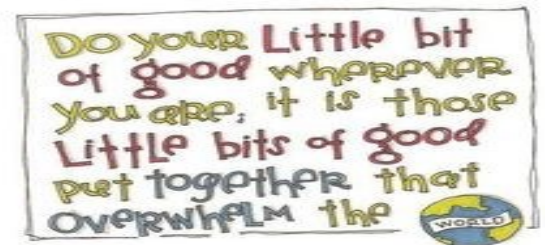
teer to help with the FUN raising. Oh, did I say "fun" instead of "fund"?!! Well that is what it is.

\$5.00 per year gives you a membership. You can either be an "active" or "inactive" member. This member fee allows us to function. The monies pay for the postage for our newsletters and other notifications. This also pays for the membership to Wisconsin Hospital Association.

Our fundraising has added the Healing Garden and sculpture to the front of the hospital. And yes, these will be moved when a new hospital is built in our future. We also request a "Wish List" from the hospital. Over the years, we have donated \$453,318.99.

Scholarships are awarded each year to Rusk County High School graduates and for continuing education students. Of course these are awarded to students that want a career in the health care community. MEMBERSHIP, MEMBERSHIP, MEMBERSHIP is what makes this happen. If you would like to join as an inactive OR active member, stop in the hospital and get a membership card from the greeter volunteer OR call me (715) 585-7756 and I will be glad to mail one to you. You can pay your membership at the hospital or mail to:

Partners of RCMH  
900 College Avenue  
Ladysmith, WI 54848



### Highlights from Bev

Now that all the gala and party of Christmas is over, we are once again in the midst of winter. Living in Wisconsin, we have to learn to entertain ourselves with things that we can do outdoors or things that can be done inside in the warmth. SO...looking for something to do??

- ◆ Our Gift Shop displays are open five days a week in the hospital's main entrance (serviced by volunteer concierges) and in the Riverside Clinic (serviced by the clinic receptionist.) There is always something to look at or purchase in these displays. **Stop by for our end-of-the-year sale from February 13th thru 17th!**
- ◆ We are now preparing for our 2nd Gently Used~Previously Owned Purse & Accessory Sale. All items are donated so if you are cleaning your closets and sorting through things or just find you have things that you no longer need ~ purses, belts, jewelry, scarves, shoes ~ please bring them to Carolyn at the hospital or give to a Partners board member, by February 16. This event promises to be a fun time. Come by to shop for new-to-you accessories on **Friday, February 17th between 7:00 a.m. and 4:00 p.m.!** Coffee & goodies will be served!
- ◆ Our next fundraiser will be a **NUT sale on March 21 and 22.** Nuts and more are reasonably priced, nicely packaged and make wonderful treats or gifts. Come on over and check out the selections! (Details on page 1)

THANK YOU ALL FOR YOUR MEMBERSHIP, SUPPORT and PARTICIPATION at OUR FUN EVENTS!!!

## OVERWEIGHT AMERICANS ARE at HIGHER RISK for CANCER

American Cancer Society researchers have discovered that current patterns of overweight and obesity in the US could account for 14% of all cancer deaths in men and 20% of those in women. The report links body-mass index (BMI) and death from most forms of cancer, and concludes that 90,000 cancer deaths a year are related to excess weight.

The study, published in the April 24, 2003 issue of the *New England Journal of Medicine*, identifies several forms of cancer not previously linked to overweight and obesity, including gallbladder, liver, pancreas, prostate, non-Hodgkin lymphoma, leukemia, and multiple myeloma. The report also substantiates previous studies linking overweight and obesity to cancers of the colon and rectum, breast (in postmenopausal women), uterus, kidney, and esophagus.

"Many Americans have not acknowledged the contribution of obesity to chronic disease in general and to cancer in particular," said Eugenia E. Calle, PhD, director of analytic epidemiology for the Society and the article's lead author. "For example, women are very concerned about breast cancer, but few understand that obesity doubles their risk of getting and dying from the disease."

"This study shows that nutrition and physical activity are critical pieces of the cancer puzzle, but they're often overlooked. Our survey in 2002 found only one percent of Americans identified maintaining a healthy weight as a way to reduce cancer risk" says Harmon J. Eyre, MD, NCMO for the society.

The study followed more than 900,000 US adults (404,576 men and 495,477 women) for 16 years. The findings in the study are consistent with American Cancer Society guidelines to maintain a healthy weight throughout life by balancing caloric intake with physical activity and losing weight if you are currently overweight or obese.

"Our results are based on mortality data and reflect the combined influence of body mass index both on the incidence of cancer and on survival..." said Dr. Calle.

### Healthy Attitudes, Behaviors and Things You Can do to Motivate, Validate & Appreciate...

- ⇒ Make and give out HUG or HELP Coupons
- ⇒ Form charity walk teams
- ⇒ Form a karaoke singing group
- ⇒ Start a bowling, softball, volleyball or dance team
- ⇒ Adopt a charity agency (do special things for them; donate old equipment, volunteer, or...?)
- ⇒ Send "get well" or "thinking of you" cards
- ⇒ Make breakfast or lunch for someone
- ⇒ Declare HAT days, dress UP or DOWN days
- ⇒ Invite your neighbor over for coffee
- ⇒ Have a "clean your closet" contest
- ⇒ Organize a potluck lunch or dinner with friends
- ⇒ Throw an ice cream and soda social
- ⇒ Take someone out to the movies. Splurge on popcorn!
- ⇒ Organize a talent contest. Everyone participates!
- ⇒ Acknowledge everyone with eye contact & a smile
- ⇒ Do what you love
- ⇒ Love what you do!!!

### WHAT YOU CAN DO TO LOWER YOUR BLOOD PRESSURE:

- \* Stop Smoking    \* Lose Weight
- \* Lower Salt Intake    \* Limit Alcohol
- \* Take Your Medication    \* Exercise
- \* Eat a Healthy Diet    \* Reduce Stress

### UNCONTROLLED HIGH BLOOD PRESSURE CAN LEAD TO:

- \* Heart Problems    \* Kidney Failure
- \* Stroke



# RCMH AUXILIARY PARTNERS MEMBERSHIP

**What is a “Partner”?:** Partners of Rusk County Memorial Hospital (RCMH) are members of the greater Partners of Wisconsin Hospital Association, Inc. (WHA), a non-profit volunteer service organization affiliated with WHA that emphasizes member participation in health education, volunteer service to Wisconsin’s health care facilities, and has a strong focus on grassroots health care advocacy.

**Who are the “Partners of RCMH”?:** Partners of RCMH is overseen by a Board of Directors that meet monthly and work to carry out helping to meet various needs of RCMH. They manage the hospital gift kiosks, host the Love~Light Tree and organize linen and other sales, just to mention a few. Proceeds are used for things in need or want for the hospital, such as equipment, children’s play station, and numerous continuing education scholarships for employees and students. The Partners funded the Healing Garden installed in 2015 after holding the lovely and fun Gala, “Moments to Remember” and the garden sculpture the following year. They are a strong support!

**Who are Member Partners?:** Anyone can become a Member Partner. The membership fee is \$5.00 per person per year or \$10 per couple. (Lifetime members are available for \$100 which are used for the continuing health education scholarships). The small annual dues helps toward supporting Partners of WHA, which in turn supports our hospital with free strategic planning services, online support for our local chapter, and more.

**Why become a Member Partner?:** Member Partners receive this periodic newsletter “Memos from Memorial”, are eligible to attend monthly board meetings, invited to volunteer with various Partners-led events for those who wish, and are invited to partake in a Partners annual Appreciation Luncheon. (See pg. 6 for February 14 luncheon details and RSVP by the 9th).

**We are now accepting 2017 members.** Look for the Partners annual membership renewal tables in your community this spring or you may pick up a membership card at the Concierge desk at RCMH and return it to Carolyn Welsch, Volunteer Service Coordinator. Please spread the word in support of our Partners of RCMH and hospital. Invite friends and family to become a Partner.

Rusk County Memorial would also like to invite Partner members to consider coming alongside RCMH as a hospital volunteer. Contact Carolyn at (715) 532-5561 ext. 1227 for more information, learn of our volunteer opportunities, or to sign up for our next Volunteer Orientation. Thank you.

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**A HUGE thank you to the Bethel Sewing Group from Hawkins who donated thirteen beautiful homemade quilts to Rusk County Memorial Hospital!**

These lovely quilts will be gifted to hospital patients over the next several months. Patients will be carefully selected by nursing staff and others based upon patient circumstances and need. What a generous blessing. We are so grateful!!!

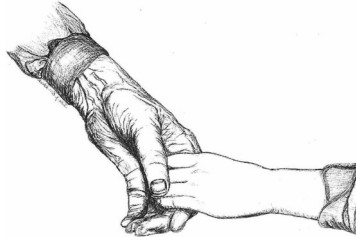




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**Please Contact Carolyn at  
(715) 532-5563 ext. 1227 to update your  
address/contact information.**

**WWW.RUSKHOSPITAL.ORG**

Click the  icon at the top of our Home

Page & "LIKE" us on Facebook!

# MEMOS from MEMORIAL



Check Out the  
New Website at RCMH!

**WWW.RUSKHOSPITAL.ORG**



"LIKE" us on Facebook by clicking  
the icon on the top of the new  
website homepage!

For the last year the marketing team has been working hard on creating a brand new website for RCMH, and have finally reached the official launch date! Now, when you visit RuskHospital.org you will see the new modern design, easy navigation system and updated content pages. The new website also features a responsive design to allow you to view the website on multiple devices and gives patients the ability to request an appointment online.

## PARTNERS APPRECIATION LUNCHEON AND BOARD MEETING

Mark your calendars for the Partners annual Board meeting, scholarship awarding, and appreciation luncheon:

**WHEN:** February 14 (Tuesday)  
**TIME:** Lunch @ 11:30 a.m.  
**PLACE:** RCMH Riverside Room

Please RSVP by Thursday, February 9  
for the lunch count to:

- Winnie Lee (715) 532-3453 or
- Bev Lazar (715) 492-6572