

# SSM Health Ripon Community Hospital Auxiliary Newsletter

September 2022



## RIPON COMMUNITY HOSPITAL AUXILIARY LUNCHEON

Monday, September 19, 12 pm

Ripon Public Library • Lower-Level Silver Creek Room  
120 Jefferson Street, Ripon

Molly J. Meier, DPM, podiatrist with SSM Health, will present on Caring for the Aging Feet. Come learn how to care for your feet to keep them in tip top shape to continue enjoying the activities you love!

Enjoy a boxed cold lunch including cookies from Websters. The cost is \$10 and can be paid at the door. Coffee and water will be provided.

RSVP to Diane Shady, Programs Chairperson, no later than Wednesday, September 14 by calling 920-539-2150 or by email at [kanddshady@gmail.com](mailto: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.

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

*Diane Shady, Chairperson, Programs*  
[kanddshady@gmail.com](mailto:kanddshady@gmail.com)  
920-539-2150

**2022-2023 Membership  
dues of \$10 can be paid  
at the September  
luncheon/meeting.**

## MESSAGE FROM THE PRESIDENT

We are approaching Labor Day and the schools will be starting up again, along with all the other activities that the Fall season will be bringing us.

On Monday, September 19, at noon we will be holding our September Luncheon at the Ripon Public Library in the Silver Creek Room on the lower level. Molly Meier, Ripon Community Hospital's new Podiatrist will be presenting the program. There is more information in the newsletter on this event. We are hoping for a good attendance.

Our **Annual Mum Sale** will be held in front of the hospital on Monday, September 12, and Tuesday September 13 from 9:00 am to 5:00 pm. There will be assorted sizes and combinations of plants available, with prices starting at \$12.00. Please see additional information in this newsletter.

We did hold a successful Brat Fry at Websters on June 10. We have another one coming up at Websters on August 19. Thank you to all who help with these events and thank you also to anyone who may have been able to purchase some of the sandwiches that were available.

The State Partners of Wisconsin Hospital Association Convention will be held this year at Chula Vista in Wisconsin Dells on October 11-13, 2022. Registration is due by September 1. Please let me know if you have an interest in attending.

Our annual Lights of Love is scheduled for December 8, 2022. We will only be selling lights in memory or in honor of loved ones for the tree outside of the hospital this year. There will be no raffle. Information will be coming out in the mail, along with other details in the near future.

We presently have two openings on the Board for the Ripon Community Hospital Auxiliary. They are the Public Policy Education and Community Health Education positions. If you might have an interest in these areas, please contact anyone on the Board of Directors and we would be happy to speak with you and answer any questions you may have regarding these openings.

We hope you are all doing fine and are looking forward to seeing you at the September Luncheon, Mum Sale or both! Take care.

*Julie Stellmacher, President*

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Instead of focusing so much on a **To Do List**, I'm starting a **To Be List**.

*Things I Want To Be*

*Happy • Calm • Loving • Healthy • Awesome*

*~ Nanea Hoffman*



## VOLUNTEER NEWS AND NOTES

Hello everyone. We hope each of you is having a wonderful summer filled with nice weather, family, and friends. The season sure seems to be going by quickly and hopefully more comfortable temperatures are on their way. With Fall rapidly approaching, it's that time of the year when Volunteer Services starts preparing for volunteer annual education.

Our community transmission levels have remained steady over the summer and continue to stay in the "High" category. On-site meetings are still permitted but rooms can only be occupied to 50% of capacity and food is still not allowed. Due to the "High" transmission level Volunteer Services will not be holding annual education in-person this year. We will mail at-home packets to all hospital volunteers in the upcoming weeks as has been done the last couple years. Please let a member of Volunteer Services know if you have any questions, concerns, or require assistance completing this request.

I know some may already be aware, but Volunteer Services has promoted one of our administrative assistants, Cindy Smith, to the role of volunteer coordinator. Cindy will work with the volunteers at Waupun Memorial Hospital and will split the duties of Fond du Lac with myself. I will remain the coordinator of Ripon Community Hospital and will do my best to fairly divide my time between Fond du Lac and Ripon.

Lastly, we would like to thank all the volunteers and auxiliary members that have returned and remain with us throughout all the difficulties and change. Due to the awe-inspiring support of volunteers the information desk is now staffed almost every shift and we hope we can build our program to better staff the gift store and mobile meals program. We cannot stress how much we appreciate each of you. Please do not hesitate to let myself or another member of volunteers know if we can assist you in any way. As always, please take care and stay healthy!

*Jason Blonigen, Volunteer Coordinator*  
*Ripon Community Hospital, St. Agnes Hospital*  
[Jason.Blonigen@SSMHealth.com](mailto:Jason.Blonigen@SSMHealth.com)  
920-745-3670

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## PUBLIC POLICY EDUCATION

### **Legislative Council Study Committee on Occupational Licenses Holds First Hearing**

The Wisconsin Legislative Council Study Committee on Occupational Licenses held its first hearing on Tuesday, August 2. The committee, which is comprised of four legislators and five members of the public, including WHA's SVP Workforce and Clinical Practice Ann Zenk, is tasked with reviewing and improving occupational licensure processes in Wisconsin.

The committee heard presentations from the Wisconsin Legislative Council, the Wisconsin Legislative Fiscal Bureau, the National Conference on State Legislatures, and the Wisconsin Department of Safety and Professional Services (DSPS). The presentations included a look at new policies states have enacted in recent years, such as more portable licensure via compacts, reciprocity agreements, endorsement, or universal licensure recognition policies.

New DSPS Secretary-designee Dan Hereth and Legislative Liaison Mike Tierney noted they have been working hard to reduce the time it takes for people to obtain licensure and praised WHA and its members for working with them to improve their new electronic licensure process. Both DSPS leaders noted the collaborative relationship they have with WHA and its members and their work to prioritize licensure for health care practitioners when they become aware of delays either from WHA, its members, or legislative offices.

<https://www.wha.org/vv-08-04-2022/1>

*Vacant, Chairperson, Public Policy Education*

## TREASURER'S REPORT

### Financial Report, Fiscal Year Ended June 30, 2022

Here are the financial results for the fiscal year beginning July 1, 2021 and ending June 30, 2022, compared to the three previous years. Fiscal years 2020 and 2021 were both affected by COVID-19. The gift shop was closed for part of each year and in-house fundraisers were not held. The gift shop was open all of fiscal year 2022. Sales were down from pre-COVID-19 days because of less traffic in the hospital but expenses were also reduced so profit was about the same. We were able to raise \$19,678 after expenses from the off-site fundraisers of Lights of Love, Raffle, Flower Basket Sale, Mum Sale, Candy Bar Sales, Brat Fry and Store Roundup.

We awarded three \$1,000 scholarships this Spring. We provided funds to RCH for two transport chairs and an IV vein finder, as well as supplies for the Samaritan House and the inpatient hospitality cart. We also 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 \$36,585, enabling us to make a significant donation to RCH in fiscal year 2023.

We had 43 paid members in fiscal year 2022. Unfortunately, we lost two members this year, Rosie Wetzel and Karen Bork. We have a lot to be proud of and grateful for.

### RCH Auxiliary, Inc. - Treasurer's Report - June 2022

Treasurer's Report	FY 2019	FY 2020	FY 2021	FY 2022
June 30	Actual	Actual	Actual	Actual
<b>INCOME</b>				
Fundraising	\$ 18,077.60	\$ 22,121.74	\$ 16,576.70	\$ 27,353.35
Donations	920.65	232.15	61.77	477.46
Membership Dues	700.00	630.00	500.00	430.00
Gift Shop Sales	34,923.56	27,142.72	8,796.84	26,165.58
Total Income	\$ 54,621.81	\$ 50,126.61	\$ 25,935.31	\$ 54,426.39
<b>EXPENSES</b>				
Fundraising Expenses	\$ 5,093.08	\$ 7,395.28	\$ 6,911.70	\$ 7,674.95
Luncheons	(12.00)	(96.00)	-	58.00
State Conventions/District Meetings	980.61	536.98	-	90.00
Organization Expenses	208.81	169.16	102.45	216.05
Gift Shop Expenses	24,074.57	22,242.74	5,094.43	15,627.67
Total Expenses	\$ 30,345.07	\$ 30,248.16	\$ 12,108.58	\$ 23,666.67
Net Income Before Distributions	\$ 24,276.74	\$ 19,878.45	\$ 13,826.73	\$ 30,759.72
<b>DISTRIBUTIONS</b>				
Scholarships	3,000.00	3,000.00	3,000.00	3,000.00
Donations for RCH	19,037.16	30,079.58	211.92	11,853.01
Total Distributions	\$ 22,037.16	\$ 33,079.58	\$ 3,211.92	\$ 14,853.01
<b>NET INCOME AFTER DISTRIBUTIONS</b>	\$ 2,239.58	\$ (13,201.13)	\$ 10,614.81	\$ 15,906.71
<b>CASH BALANCES</b>	\$ 25,292.54	\$ 11,594.84	\$ 18,217.09	\$ 36,585.07

## RCH Auxiliary Budget FY 2023

<b>INCOME</b>	
Fundraising	\$ 24,960
Membership Dues	450
Gift Shop Sales	26,335
<b>Total Income</b>	<b>\$ 51,745</b>
<b>EXPENSES</b>	
Fundraising Expenses	\$ 9,275
Luncheons - net	320
State Conventions/District Meetings	1,250
Organizational Expenses	225
Gift Shop Expenses	16,462
<b>Total Expenses</b>	<b>\$ 27,532</b>
<b>NET INCOME BEFORE DISTRIBUTIONS</b>	<b>\$ 24,213</b>
<b>DISTRIBUTIONS</b>	
Transfers to RCH	\$ 13,758
Donation to Samaritan House	250
Staff Appreciation Treats	400
Hospitality Cart Supplies	100
Isolation Cart Supplies	100
Emergency Dept Children's Cart	100
Scholarships	3,000
<b>TOTAL DISTRIBUTIONS</b>	<b>\$ 17,708</b>

The FY 2023 budget anticipates income from fundraising and the gift shop to exceed expenses by \$24,218. Of this \$14,708 is budgeted to distribute to RCH and \$3,000 for scholarships.

We will continue the Lights of Love fundraiser but have eliminated the Raffle. Policy changes at SSM have eliminated vendor fundraising like Nutman and Book Fair. Bake sales at Christmas and Valentine's Day have also been eliminated because of covid restrictions. However, our most successful fundraisers, in addition to Lights of Love, will continue: Flower Basket Sale, Mum Sale, Brat Frys, Candy Bar Sales and Roundup.

Gift Shop sales have lagged previous sales before covid. FY 2023 sales in the Gift Shop are budgeted to be about the same as FY 2022 sales.

Membership is also down since covid. We had 70 members in 2019 and 43 in 2022. The budget anticipates 45 members for FY 2023. Please try to recruit your family, friends and neighbors to join this amazing organization.

*Bobbie Pollesch, Treasurer*

## WHAT'S NEW AT SSM HEALTH RIPON COMMUNITY HOSPITAL

*By DeAnn Thurmer, President, 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. I'm proud to share with you but a few of these key advancements.

### Day Stabilization Services

As community mental health needs continue to grow amid the COVID-19 pandemic, SSM Health Ripon Community Hospital, in collaboration with its Behavioral Health leaders, is introducing new Day Stabilization Services.

With this introduction this fall, Ripon Community Hospital will become the first SSM Health facility, both regionally and system-wide, to offer this innovative service. A public announcement is forthcoming as the area prepares for opening.

The project is being supported thanks to a \$158,000 Healthcare Infrastructure Capital Grant from the Department of Administration (DOA), on behalf of the State of Wisconsin. In addition, The Foundation for Ripon Medical Center has given \$75,000 to help with patient transportation needs once the program is operational.

The program's goal is to assist individuals in resolving their crisis and make appropriate community connections for ongoing services. Day Stabilization Services will be able to accommodate as many as eight behavioral health patients experiencing mental health crises to receive immediate services for up to 23 hours.

Services include:

- Assessment: medical/nursing evaluations and services, substance abuse assessments, mental health assessment, etc.
- Brief therapy: individual therapy, de-escalation, group therapy, communication and conflict resolution skills, relapse prevention, and psychoeducation
- Family/discharge planning, referrals to outpatient services, relapse prevention, coping skills, and other various emotional wellness activities

Watch for more details as we share with the general public through our local media representatives.

### Orthopedic Coverage

SSM Health Ripon Community Hospital will be welcoming two SSM Health Fond du Lac Regional Clinic orthopedic surgeons starting in January 2023 to provide interim coverage as Jeffrey Meincke, MD, orthopedic surgeon, complete his final day of seeing patients that same month.

Emily Strahota, PA, physician assistant, who will continue to serve patients at our Ripon location, will be joined by Luke Fraundorf, MD, and Benjamin Wiseley, MD.

Luke Fraundorf, MD, orthopedic surgeon, earned his medical degree from the Medical College of Wisconsin, and completed his orthopedic residency at the University of Wisconsin-Madison.

Benjamin Wiseley, MD, orthopedic surgeon, earned his medical degree from the University of Wisconsin School of Medicine and Public Health, and completed his orthopedic residency at the University of Wisconsin Hospital and Clinics.

The SSM Health Fond du Lac Regional Clinic is actively recruiting a new orthopedic surgeon for Ripon. We thank Dr. Meincke for his dedicated years of services to our patients.

### Parkinson's Disease Program

SSM Health Ripon Community Hospital is pleased to offer a Parkinson's Disease program.

Parkinson's Disease is a progressive neurological disorder that results in slower and smaller movements. Signs and symptoms of Parkinson's disease may include tremor, slowed movement, rigid muscles, impaired posture and balance,

loss of autonomic movements, and writing and speech changes. Patients are referred to physical therapy to improve posture, strength, balance, walking, decrease fall risk, improve cardiovascular health, and improve non-motor symptoms of Parkinson's disease (I.e. memory, sleep, mental health, and attitude).

Patients with Parkinson's Disease can be referred by their primary care doctor or specialist to Ripon Community Hospital to participate in one-on-one outpatient therapy. Patients are evaluated by a LSVT Big Certified physical therapist and instructed in a home exercise program that is based on the principles of the LSVT Big Program. The treatment includes aerobic conditioning, maximal daily exercises, functional component tasks, BIG walking, and a carryover assignment. While patients may be referred at any stage of their condition, patients benefit the most in early or middle stages of Parkinson's Disease. Patients are expected to attend therapy at least two days a week for four to six weeks while being compliant with a daily home exercise program to reach their functional goals.

To learn more, call 920-745-3630.

### **Advance Directive Sessions**

In late July, SSM Health Ripon Community Hospital hosted a free Advance Care Planning community education session. Participants were able to learn more about making decisions about the care they would like to receive if they become unable to speak for themselves. Complete your Power of Attorney for Health Care free of charge. To learn more, call 920-745-3763.

### **Mission Action Team Animal Shelter Drive**

The SSM Health Ripon Community Hospital Mission Action team is hosting a collection drive for the Green Lake County Animal Shelter. Departments are collecting items through Thursday, August 25, and drop off in the Journeys Commons area. Supplies needed: bleach, laundry detergent, dish soap, bleach wipes, sanitizer wraps, paper towels, non-clumping cat litter, wet dog food, dry dog food, and cat food.

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## **MEMBERSHIP**

### **Looking for NEW volunteers.....**

It's time for 2022-2023 dues! If you have not already done so, please submit your dues (\$10) so that we have a complete list of current members. If you haven't paid yet we will be accepting payment at the luncheon, or you can mail your dues or leave them at the gift shop.

The more members the more we can accomplish for Ripon Community Hospital and the greater good of our community! Bring a prospective member - friend, acquaintance, or family member to our luncheon meeting on September 19. Cost of lunch will be covered.

*Jackie Halverson, Chairperson, Membership*



Western District hosts the  
2022 Partners of WHA Convention  
October 11-13, 2022

*Volunteers - Helping Hands, Touching Hearts*

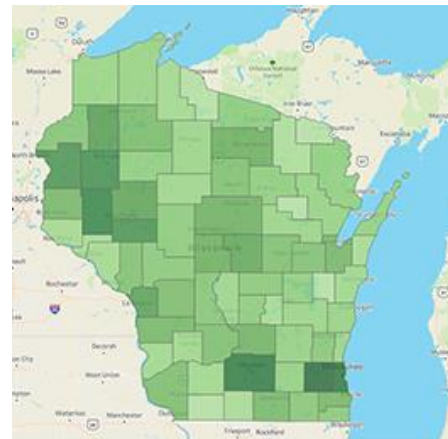
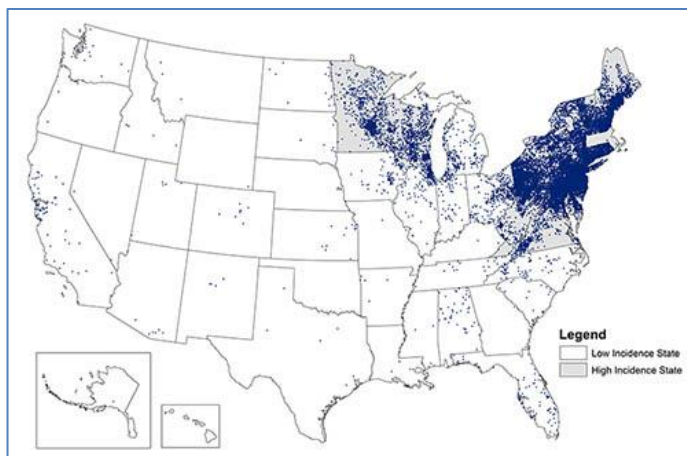
## COMMUNITY HEALTH EDUCATION

### August Fast Facts: Lyme Disease

As summer continues in full swing, it is important to remember that with beautiful Wisconsin outdoors, comes concerns for certain summer illnesses such as Lyme disease. This disease is transmitted to humans through a bite of an infected tick. People most commonly get Lyme disease in three areas: New England and Mid-Atlantic, northern Midwestern states like Wisconsin and Minnesota, and northern West Coast like Oregon and Washington.

The Centers for Disease Control and Prevention states that the ticks usually need to be attached for 36 to 48 hours before they transmit Lyme bacteria. The CDC estimated that around 470,000 people are diagnosed with Lyme disease in the United States each year. Some early signs and symptoms of Lyme disease are skin rash, fatigue, chills, headache, and muscle and joint pain. Early Lyme disease is treated with antibiotics and people usually recover rapidly.

The WHA Information Center analyzed Lyme disease claims data from Wisconsin hospitals through the years 2016 to 2021. The count of visits by year and quarter increase for the summer months, but especially in July – September. When looking at gender, it was about even for males and females (51% for males, 49% for females). The average age of patient visiting the hospital for Lyme disease is 50 years old. Breaking the ages into groups shows that **age group 61-70 had the highest visit count**. The map of visit count by counties shows the highest counties being Waukesha and Dane, but there is an interesting cluster of high counts in the northwest area of Wisconsin.



### Here are some tips from the Centers for Disease Control and Prevention on tick bite prevention:

- Use EPA registered insect repellents.
- Wear clothing.
- Wear clothing treated with 0.5% permethrin. Re-treat clothing annually according to label instructions.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

<https://www.wha.org/vv-08-04-2022/10>

*Vacant, Chairperson, Community Health Education*

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## GIFT SHOP

Wow! I can't believe we're already halfway through August! Fall is fast approaching, and it will soon be like fall in the gift shop too. We will have all our fall items on display later this month, along with some fun new items that we have recently gotten in; like the new scented spiral candles that burn down in a circle, or the wildly colorful wooden spoons (great Christmas gifts) and some new wooden signs with sayings on them that are all made in America. Great gifts for



nurses, moms, dads, friends, or your own home. We have recently added towels and magnets with some catchy sayings on them, and now we also have an assortment of flavored popcorn and caramels.

### Prize Drawings

Another addition to the gift shop is the series of drawings we will be holding. The one we have now is going through Aug 31. Then starting right away, we are giving away two Americana items to be drawn on September 11. Then we will do another for a box of Guth's candy (of their choice) from September 12 through October 7. The next drawing will be a mystery box, from October 17 through November 17. It will be wrapped, and we will have a dollar amount on it. Anyone who makes any purchase can put their name in the drawing.

Come in and check us out to see what is new.

*Jeanne Payton, Chairperson, Gift Shop*

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## FUNDRAISING OPPORTUNITIES

### Upcoming Events

#### Fall Mum Sale

The Fall mum sale will be held at Ripon Community Hospital on Monday and Tuesday, September 12 & 13 from 9 am - 5 pm. Radene Abel is working on the details and looking for volunteers. Contact here at 920-229-9827 to help.

#### Candy Bar Sales

We are continuing to sell Vande Walle's Candy Bars. Looking for volunteers to take a tote/box of 40 candy bars to an area business. Candy bars sell for \$1.50. There are many opportunities to place a tote and all assistance is appreciated! Anyone interested in helping to sell candy bars can call Georgia at 920-346-5607.

#### Cash Register Roundups

Ace Hardware in Ripon will be doing a roundup for the Auxiliary starting in late August. So, shop local and support Ace Hardware and the Auxiliary! The Piggly Wiggly in Markesan will also be doing a roundup for the Auxiliary in August.

#### Brat Fry Fundraisers 2022

Thank you to Pat and Wayne Albright and all those who assisted for doing a super job with the brat fry sales this year. Two completed with a combined profit of \$750.92 in sales and \$108.11 in donations.

*Georgia Stellmacher, Chairperson, Fundraising*



# Mum Sale



*Join the SSM Health Ripon Community Hospital Auxiliary*

**Monday, September 12 &  
Tuesday, September 13 • 9 am - 5 pm**

**Ripon Community Hospital Main Entrance • 845 Parkside Street**

The sale will feature a choice of high-quality 8-, 10- and 12-inch mums in various colors. The 12-inch mums will be multicolored. A new addition this year will be 14-inch combinations of mums and grasses.

**Prices start at \$12.00 each.**

**Cash • Check • Employee Quickcharge • No Credit Cards**

*All proceeds will support Ripon Community Hospital programs and services.*

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

## 2022 LIGHTS OF LOVE

Once again, we will not be having the annual tree lighting event in 2022. The hospital is not allowing large group gatherings because of active COVID-19 in the area. However, we will still have lights on the tree. The tree will be lit on December 8 and the list of names will be published in the Ripon paper after that.



The raffle has been discontinued for lack of interest among our members. It is a lot of work, and since many of our other fundraisers have been successful, the board decided to eliminate this one.

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 cardiac ultrasound probe for RCH.

*Bobbie Pollesch, Chairperson, Lights of Love*

### RCH AUXILIARY BOARD MEMBERS

**Julie Stellmacher, President**

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

**Barb Ann Behlen, Vice President**

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**Georgia Stellmacher, Fundraising**

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**Barb Ann Behlen, Newsletter**

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**Jason Blonigen, Volunteer Services**

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**Vacant, Community Health Education**

**Vacant, Public Policy Education**



### 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*