Northwestern District

Fall 2017 Newsletter

***Message from the Northwestern District*** *Chair* **Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls**

 Fall is just about a month away, and with it come two big events for our Partner groups around the state. The first is the Partners of WHA state convention, which will be held Tuesday at 1:00 PM through Thursday noon, October 3-5th in Green Bay. The registration deadline is September 1st. *Be sure to use the form that you received separately via USPS mail, because it has the name (Sandra Harman) and address of the correct person to whom you mail it!* The deadline for reservations at the Hyatt Regency is the 10th of September. As always, there will be informative and inspirational speakers and workshops. National health expert Chris Freytag is the Opening Keynote Speaker and will speak on ways you can improve both your mental and physical health. Closing Keynote Speaker is Representative John Nygren, who has been working very hard to combat opioid abuse in our state. *So, remember to wear red on Thursday to promote awareness of opioid abuse!*  The speakers and variety of workshops, as well as special events and the construction theme of “Partners Building a Better Future” are sure to educate us and provide for a good time! Remember your hard hats, steel-toed boots, tool-belts and tools, if you have them! I hope each of our seven Northwestern District groups is sending some of its members. Remember that your group receives 5 Honor Points for each of the two voting delegates every group is allowed, two for setting up a display, and two for contributing an item to the Silent Auction. Honor Point Awards for 2016 will be given out at the convention.

 The second big event is the fall meeting in each district. Ours will be held the week after convention, on Wednesday, October 11th. The Flambeau Hospital Auxiliary will host the fall Northwestern District meeting at the Northwoods Supper Club in Fifield. Mark your calendars now, and details will be coming later, directly from the FHA.

***Northwestern District Leadership Meeting* Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls**

 On Tuesday, July 25th, seventeen members from six of the seven groups in our NW District met at Hayward Memorial Hospital. I set the agenda (which we followed with a lot of flexibility!) based on the responses I had gotten when I asked the people who planned to come what questions they had and what topics they wanted covered. It was a wonderful day of conversation and getting to know each other and each others’ organizations. We found more similarities than differences, particularly in the challenges being faced. We didn’t solve the world’s problems (or even our own!) but we found strength and determination in each other to continue to do our best for our healthcare facilities and the people they serve, our communities, and our Partner groups. I had received a packet of materials on leadership from my mentor (Yes, Partners of WHA has started a mentoring program for new District Chairs!) and used one piece to start the morning and another to start the afternoon. I had a request for a copy of it, so will include it here:

**Volunteers Are People – Leadership Information**

 Leadership is that intangible art or skill of motivating others to act. There are as many styles of leadership as there are individuals. No single style is correct or best. Every leader brings their own blend of knowledge, experience, talents, and personality. Volunteer leaders often work behind the scenes, do the grunt-work, are the visionaries and the master motivators. Many times they will be the one hiding in the shadows to make sure their volunteers shine. Leaders need to have a people-oriented approach. Leadership is about people. Leaders need to believe in people. Leaders need to listen to people. The less we have to say, the more one can learn. *If you listen to what everyone else has to say, you know what you already knew, plus what everyone else knows!* Leaders need to communicate with people and help them to grow. Always think, *“I will not give up in the face of adversity. As a leader, I am gifted to encourage others to turn obstacles into opportunities.”* Leaders also need to communicate in order to keep the volunteers informed about the organization. If volunteers don’t *know,* the grapevine takes over: people speculate and become concerned. Leaders need to accept three basic principles that determine when people will engage: 1.) when they are working on things that matter to them, 2.) when they believe the work makes a difference, and 3.) when the work provides an enjoyable opportunity for engagement. Here are the things that people want from their organization and from their leaders: Caring and Appreciation – Think: “I will not forget to fill the lives of my team members with words of encouragement, words of empowerment, and tokens of my care and appreciation, for I am the Keeper of the Flame of this team I lead.” Respect – Treat everyone with kindness and consideration. Rudeness is never allowed. Praise – Give someone a pat on the back. Tell them what a good job they are doing.

Sources: Aurora Health Care Aurora Service Commitments; Unitypoint Health Fort Dodge Character Counts; Partners of WHA, Inc. Leadership Manual; Jeff Kortes, Founder of Human Asset ManagementLLC, Franklin Take Eight Simple Steps to Keep Best Employees; May Stuart, Chair, AHA Committee on Volunteers Crayons!; Marilyn R. Beverly A Leaders Pledge 2007

***Northwestern District Calendar August-December 2017***  **Thursday, August 10th (11:00 a.m. to 5:00 p.m.) Everything is Six Dollars Sale**  **Friday, August 11th (7:30 a.m. to 1:30 p.m.) Everything is Six Dollars Sale** continues – Ashland Hospital (Held in the Twin Islands Conference Room, Lower Level. Use Front Entrance, follow signage.) **Friday, August 11th (1:30 to 3:30 p.m.) Pie and Ice Cream Social** – Spooner Health (Held in the dining room.) **Wednesday, August 16th (9:00 a.m. to 2:00 p.m.) 55+ Health Expo** – Ashland (Held at the Bay Area Civic Center and Bretting Center.) **Friday, August 18thth (9:00 a.m. to 4:00 p.m.) Brat Sale** Satur**day, August 19th (9:00 a.m. to 4:00 p.m.) Brat Sale** continues – Ladysmith (Held at Gordy’s Supermarket.) **Sunday, Sept. 3rd (8:00 a.m. until noon) Koffee & Kringles Sale** (at Town & Country Days) – Shell Lake (Held in the Shell Lake Community Center) **Friday, September 22nd (9:00 a.m. to 3:00 p.m.) Used Book Sale** **Saturday, September 23rd (9:00 a.m. to noon) Used Book Sale** continues – Spooner (Held in the main level conference room at Spooner Health.) **Monday, September 25th (9:00 a.m. to 3:00 p.m.) Linen Sale** - Spooner Health (Held in lower level classroom at Spooner Health.) **Wednesday, September 27th (9:00 a.m. to 4:00 p.m.) $5.00/$5.99 Sale** – Superior  **Thursday, September 28th (9:00 a.m. to 4:00 p.m.) $5.00/$5.99 Sale** continues  **Friday, September 29th (9:00 a.m. to 4:00 p.m.) $5.00/$5.99 Sale** continues (Held in the Community Room at EH – St. Mary’s Hospital – Superior.) **Wednesday, October 11th (Registration 8:45-9:30 a.m.) (Meeting 9:30 a.m. to 3:00 p.m.) Northwestern District Fall Meeting** (Hosted by Flambeau Hospital Auxiliary, Park Falls, at the Northwoods Supper Club at the junction of Highways 13 and 70 in Fifield) **Friday, October 20th (8:00 a.m. to noon or until gone) Bake Sale** – Spooner Health (Held in the main level conference room at Spooner Health.) **Friday, November 3rd (9:00 a.m. to 3:00 p.m.) Gift Shop Christmas Show and Bake Sale** – Superior (Held in theCommunity Room at EH – St. Mary’s Hospital – Superior.) **Thursday, November 9th (7:30-12:00 noon) Book Sale** – Ashland Hospital (Held in the Gull Stockton Room, Lower Level, next to the Gift Shop) **Thursday, November 16th (9:00 a.m. to 4:00 p.m.) Holiday Open House – Gift Shop** – Spooner Health **Friday, November 17th (9:00 a.m. to 4:00 p.m.) Holiday Open House – Gift Shop** continues – Spooner Health **Sunday, December 3rd (time?) Love Lights Tree Ceremony** – Superior (Held in the Cafeteria in the Lower Level at EH – St. Mary’s Hospital – Superior.) **Monday, December 4th** **(starting at 9:00 a.m.) Silent Auction** – Spooner (Items on display on Main Level of the Spooner hospital.) **Monday, December 4th** **(4:30 p.m.)** **Love Lights Ceremony** – Spooner (Held in the entrance area of the hospital.)

***Message from the Northwestern District PPE Chair* Betty Harnish – Partners of Memorial Medical Center, Ashland**

 The old saying, “it isn’t over until it’s over” can apply to the efforts to repeal and replace Obamacare. Although repeal appears to have gone down in defeat late in the night one day last week,\* President Trump continues to tweet that congress needs to pass “some type of bill”. There are some who are still working on a repeal bill but others are trying to work together in an effort to repair those parts of Obamacare that need fixing. At the core of all the repeal bills are major cuts in federal spending on Medicaid. Here is how the $331 billion in federal Medicaid funding is presently allocated among roughly 76 million beneficiaries. About 19% of spending goes to non-disabled children, 34% to non-disabled adults, 33% to the blind and to the disabled, and 14% to those over 65 years of age. Nearly half of all babies born in America are covered by Medicaid, as are 40% of all children and two-thirds of all nursing home residents. Many state governors, almost every healthcare group including the AMA, and hospital associations oppose this cut back in federal funding. Most states are in a budget crisis, and if there is a reduction in Medicaid funding, states would be unable to make-up the difference with state dollars. Most states run a balanced budget, so to handle an $834 billion shortfall in Medicaid over ten years, states would be faced with having to cut programs such as schools or roads, or they may need to raise taxes. Even after last week’s vote, the debate goes on: do we work to fix and keep Obamacare or continue with efforts to replace it? Replace it with major cuts in Medicaid is just not something that the public appears to want. I read this recently, “Seniors are among the most reliable voters, and threatening their final years’ care is just not good politics.” How true! Let us hope that those who are working on a “fix it” not “repeal it” plan can prevail. \* about 1:30 A.M. Friday, July 28th

***Message from the Partners’ CHE Chair* Sherry Jelic – Partners of WHA, Sun Prairie**

**Drugs End Dreams – Opioid Abuse Is a Community Issue** In 2017 on an average day in the U.S., someone begins nonmedicaluse of opioids every 22 seconds; someone starts using heroin every two and a half minutes; someone dies from opioid-related overdose every 16 minutes; and by May 18, more than 12,500 Americans had died from an opioid overdose in 2017 according to the Centers for Disease Control and Prevention.

 Opioid use is nothing new. People in the U.S. have been taking, smoking, or injecting opioids in various forms since at least the 19th century. Bayer, the pharmaceutical company we associate with aspirin, used to sell heroin as a cough suppressant and pain reliever for children in the late 1800’s and early 1900’s. An article in the Washington Post from June 2, 2017 referenced a letter written in 1980 by Dr. Hershel Jick, a Boston University doctor. After review of nearly 12,000 hospital records, he concluded that addiction to narcotic painkillers was rare in hospitalized patients. In following decades, doctors, pharmaceutical companies, and others used this letter as evidence that the risk of addiction was low and that liberal prescription use was justified. In almost 500 articles, no mention was made that this research was only done with hospitalized patients on small monitored doses, not those given bottles of narcotics to take at home. “This pain population with no abuse history is literally at no risk for addiction,” read one 1998 article.

 But today opioid abuse is a community health issue. It has become a complex and chronic issue affecting thousands of families each day. One in seven Americans faces substance addiction, according to the Surgeon General’s 2016 report. Toddlers are dying of drug overdosing. Wisconsin is seeing an increase in babies born dependent on opioids or other addictive drugs (Fox News 6, February 12, 2017). Children are left without parents, brothers, sisters, and friends; parents are left without their children. Although experts say they know treatment works, people aren’t able to access the help they need when they need it. Only one in 10 people with substance abuse disorders receive the treatment and support to address their addiction. Addiction is not a choice that an individual makes, but the result of bad decisions.

 On June 16, two bills passed in the Wisconsin Senate, one granting persons immunity from probation, parole, or extended supervision revoked for possessing a controlled substance while seeking or giving emergency assistance to another, and the second extends comprehensive programs to those who are suffering from addiction, making it easier to get needed help. The ultimate goal is to help as many people as possible succeed in recovery.

REMEMBER:

• Lock up opioids, especially to keep them out of the hands of teenagers.

• Use pain killers safely. When given opioids, know what they are for and how to safely take them. Ask if there are other ways to relieve the pain.

• Dispose of the pills safely, such as turning them over to law enforcement agencies or participating in community “take back” days.

Sherry Jelic, CHE Chair

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