

# Partners Newsletter

Gundersen Moundview  
Hospital and Clinics  
Friendship, WI

March 2019

## UPCOMING EVENTS

### March

- 2<sup>nd</sup> Memorial Healthcare Foundation, Annual Dinner and Auction, Connell's Cedar Shack
- 8<sup>th</sup> Partners Monthly Meeting, Oak Room 1 pm
- 20<sup>th</sup> First day of SPRING!

### April

- 7<sup>th</sup> – 13<sup>th</sup> National Volunteers Week
- 12<sup>th</sup> Partners Monthly Meeting, Oak Room 1 pm.
- 17<sup>th</sup> Advocacy Day
- 18<sup>th</sup> Easter Bake Sale
- 21<sup>st</sup> Easter Sunday
- 23<sup>rd</sup> Blood Drive, Friendship Village Hall  
9:00 am to 2:00 pm
- 24<sup>th</sup> Spring Western District Meeting  
Moundview Golf Course
- 27<sup>th</sup> Kids Day, Adams Friendship High School

### May

- 6<sup>th</sup> The Nut Man fundraiser, main concourse  
10:00 am to 2:00 pm
- 6<sup>th</sup> – 12<sup>th</sup> National Hospital Week
- 10<sup>th</sup> Partners Monthly Meeting, Oak Room 1 pm

### June

- 14<sup>th</sup> Partners Monthly Meeting, Oak Room 1 pm
- 18<sup>th</sup> Blood Drive, Friendship Village Hall  
9:00 am to 2:00 pm

### July

- 12<sup>th</sup> Partners Annual Luncheon Meeting and  
Election of Officers 12:00 NOON



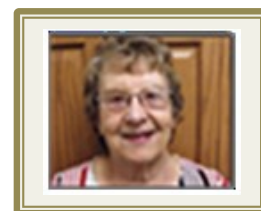
### Partners Officers

President – Judy Bieri 608.339.7045  
Vice President – Carol Camp 608.339.7391  
Secretary – Barbara Schultz 608.339.8171  
Treasurer – Donna Kirslenohr 608.339.9636

## Message from the President

Winter is still with us and I guess that's what we get living in Wisconsin, but we are tough people. Special thanks as always to Joleen and Bobby for doing such a great job on the Display Case. Valentines this month and next month will be Spring and Easter.

Advocacy Day is April 17th and we will get a bus if we have enough people signed up. Contact Donna Turcany if you wish to go.



Our many fund raisers will start with the Easter Bake Sale on April 18th and then Kids Day on April 27th. We've added a new one this year The Nut Man will be here May 6th, so spread the word.

Our usual Brat Fry, Salad Luncheon and Rummage Sale will follow.

Our biggest event will be the Western District Meeting on April 24th which we are hosting. We will have a busy Spring and Summer. We can only accomplish these many events with all your help, so please try to volunteer where you can.

As a small group we added up over 10,000 volunteer hours last year, that was quite an impressive task. There are always so many people that do little things that we don't thank them for, so THANK YOU TO ALL.

Easter this year is April 21st and I wish everyone a Happy and Blessed Easter.

Judy Bieri  
Partners President





### **Be There or Be Square**

Advocacy Day 2019 will have another great lineup of speakers and sessions, including opening keynote speaker Tommy G. Thompson, four-term governor of Wisconsin and former U.S. Health and Human Services (HHS) Secretary. Newly elected Governor Tony Evers has been invited to speak after lunch. The legislative panel, which has proven to be very interesting and informative in past years, is also on the schedule this year.

Advocacy Day offers an opportunity to spend time with other supporters of Gundersen-Moundview Hospital, meet with fellow partners and WHA members from across the state, and learn more about how we can impact actions taken in Madison for the benefit of our hospital, our community and our health.

We hope to arrange transportation which will get us to the Monona Center in Madison and back in a comfortable style. And, the free continental breakfast and lunch are always enjoyable.

So, mark your calendar for April 17<sup>th</sup> and email me - [dturcany@frontier.com](mailto:dturcany@frontier.com), or phone **608 472 1350** to register.

#### **Wisconsin State Legislative Representatives 2019**

**Senator Luther Olsen**, Senate District 14

608 266 0751 / [Sen.Olson@legis.wisconsin.gov](mailto:Sen.Olson@legis.wisconsin.gov)

**Representative Joan Ballweg**, Assembly District 41

(south of Cty. Hwy J) 608 266 -8077 or 888 534 0041

[Rep.Ballweg@legis.wisconsin.gov](mailto:Rep.Ballweg@legis.wisconsin.gov)

**Representative Scott Krug**, Assembly District 72

(north of Cty. Hwy J) 608 266 0215

[Rep.Krug@legis.wisconsin.gov](mailto:Rep.Krug@legis.wisconsin.gov)

#### **United States Congressional Representatives**

**Senator Ron Johnson**

202 224 5323(DC) or 414 267 7282(WI)

**Senator Tammy Baldwin**

202 224 5653(DC) or 608 264 5338(WI)

**Representative Ron Kind**

202 225 5506(DC) or 608 782 2558(WI)

For more information on State legislation and legislators, <http://www.legis.wisconsin.gov>

For more information,

US Senators, <http://www.senate.gov>.

US Representatives, <http://www.house.gov>

*Submitted by Donna Turcany*



### **The Value of Human Touch, Hugs, and Cuddles**

January 6 was National Cuddle Up Day. National Hug Day was celebrated on January 21st.

Obviously, someone sees cuddles and hugs as noteworthy and significant enough to celebrate.

#### ***How exactly do they affect our lives?***

There have been a number of scientific studies specifically on the effects of touch, hugs and cuddles that have proven their importance in our emotional and cognitive development as well as our psychological and social well-being. Some of the more significant discoveries include:

- Hugs and cuddles can reduce stress by showing support.
- Hugging and cuddling may protect you against illness. It has been shown that people with a strong support system tend to be healthier and/or feel the effects of illness to a lesser degree.
- They may boost your heart health by relieving stress.
- Cuddles and hugs can make you happier by causing Oxytocin levels to rise.
- They help reduce fears.
- Both cuddles and hugs may reduce pain
- They help you communicate with others.

Family therapist Virginia Satir stated that a person needs four hugs per day just to survive, eight for maintenance and twelve for growth!

In our modern techno-world, we have become touch deprived. There is less time for social interaction and touching. We live in a fast-paced society, we spend more time on our devices and live more solitary lives.

#### ***Have you hugged anyone today?***

*Submitted by Diane Roekle*



**Parade of Trees, November 17<sup>th</sup> thru December 17<sup>th</sup>, 2018:** Thanks to the 2018 Annual Parade of Trees Team, Donna Kirslenlohr, Carol Camp and Donna Turcany for overseeing the project which brought in \$1471 for Partners projects.

**Angel Tree Project:** Thanks to Chris Brown and Diane Roekle who prepared the gifts to for three boys.

**Christmas Bake Sale, December 7<sup>th</sup>, 2018:** Colette Saliger, Joyce Roberts and Barb Cook co-chaired the 2018 Bake Sale. They helped to earn \$788 for the Partners projects!

**Gift Shop Open House, December 7<sup>th</sup>, 2018:** Thanks to Penny Ross, Karen Ramsey and Joleen Cozza for their hard work. The days income totaled \$778.

**Hospitality Table: December 7<sup>th</sup>, 2018:** Shoppers at the Christmas Bake Sale and Gift Shop Open House were offered Cheese and Crackers, Coffee and Lemonade as a welcome treat. Thanks to LeeAnn Roseberry for being a gracious hostess.

**Partners Annual Christmas Luncheon, December 14<sup>th</sup>, 2018:** Thanks to LeeAnn Roseberry, Carol Camp, Donna Kirslenlohr and Judy Bieri for a great time with great people!

### **Memorial Healthcare Foundation**

#### **26<sup>th</sup> Annual Dinner & Auction**

**Saturday, March 2, 2019**

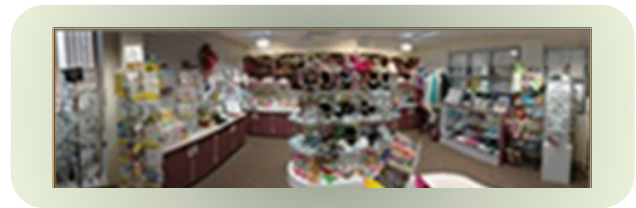
**Connell's Cedar Shack, Adams**

This year's goal is to raise \$85,000 to be put toward state-of-the art surgical equipment.

For information on sponsorship opportunities, making a donation or to purchase dinner or admission tickets, please contact:

Tamra Lowrey at 608.339.8328  
or [tklowrey@gundersenhealth.org](mailto:tklowrey@gundersenhealth.org)

The Partners have donated \$200 to the foundation.



## **The Gift Shop**

January was a very slow month with snow, ice and below freezing days with high winds. Thank you to the volunteers who were able to open the gift shop for our visitors and hospital employees.

I want to express my appreciation to Lynn Carter who has done an awesome job of scheduling for our Gift Shop. We have had illness, vacations and flu related absenteeism during the last 45 days. Just a reminder, each volunteer is responsible for finding your own substitute if you are unable to work. Lynn has done an awesome job of filling these shifts, if you have been unable to do so. Thank you, Lynn, for all you do for the Partners.

### **Credit Card Machine**

We have had our ups and downs since mid-December with this machine. The cause was the change out of phone lines during the changeover to new computer systems. In January, Jim and James from IT helped to change over the credit card machine to WIFI. We were not able to make a connection with an outside one. Each time the problem occurred, James or Jim need to do their magic to get our equipment back on line. Please bear with us. The credit card machine produced sales of over \$3,100 for 2018. The cost to us was less than \$500. So, the technology is truly worth our time. We are currently rewriting instructions for processing a credit card sale. We will be retraining all gift shop volunteers. PLEASE leave Penny Ross a message at 615-478-6865 if you try to process a sale and it is declined because the sale would not process.

We are in need of gift shop volunteers to replace two that passed in late March 2018. There are 42 shifts to cover with only 14 volunteers. Please consider taking 3 shifts a month until we do find new replacements. Ask a friend to join the Partners Gift Shop Volunteers.

Respectfully  
Penny Ross

# Christmas Open House And Bake Sale Friday, December 7<sup>th</sup>, 2018

## Another Successful Year!

The Bake Sale was a fantastic Success netting \$788 Who could resist purchasing the beautiful Christmas cookie plates and the wonderful assortment of baked goods?

Many thanks to all who baked, bought or helped in any way.

Another job well done by everyone!

*Submitted by co-chairs:  
Colette Saliger, Joyce Roberts and Barbara Cook*

Penny Ross, Karen Ramsey and Joleen Cozza had a very successful Gift Shop Open House Sale. The income from the one-day event totaled \$778.



# The WISH List

Every year, the Partners receive a "wish list" from the hospital departments listing equipment that they would like the Partners to purchase. The Partners select which items will be the current years projects and raise funds to obtain them.

The Partners presented a check for \$4,138 to Gundersen Moundview CEO Frank Perez-Guerra at our July Annual Meeting and Luncheon for the purchase of 2 larger Wheelchairs, two tall hip chairs and one Bariatric Chair for the lobby; an Arms-up CT Positioner and two cases of Mammography capes for



the Medical Imaging Department and an AMbco Audiometer for the Westfield Clinic.

A Check for \$4,240 was presented at the Christmas Luncheon for the remaining Wish List items which included: six vinyl waiting room chairs for the

Westfield Clinic; two more cases of Mammography Capes and a Pyxis Medication Refrigerated Storage unit for the Emergency Department.

## 8<sup>th</sup> Annual Parade of Trees

The 2018 Parade of Trees was an outstanding success! Thirty-six beautifully decorated Christmas Trees were sponsored by our community members this year. Each one of them was exceptional!

We thank all of our supporters for their sponsorship; their creativity in decorating the Christmas trees; for everyone who came to enjoy the beautiful presentations; those who purchased raffle tickets and the generous folks who voted for their favorite trees.

Both staff and patients commented on how lovely the hospital looked decorated for the holidays.

The winner of the *Community Choice Award* went to Kathie Dye and family, for the tree that was dedicated to Brenda Quinnell.

The income from our 8<sup>th</sup> Annual Parade of Trees was \$1471.

A big thank you to everyone who helped make 2018 a very successful year.

The Committee is looking forward to the 2019 Parade of Trees.

### Thank You

from the 2018  
Parade of Trees Committee

*Submitted by Donna Kirslenlohr*

*Thanks to the 2018 Annual Parade of Trees Team,  
Donna Kirslenlohr, Carol Camp and Donna Turcany  
for overseeing the project.*



### Blood Drive Notes December 18<sup>th</sup>, 2018

Thirty-three volunteers donated blood for the December drive. Julie Beyer won the gift certificate and Donna Kirslenlohr and Judy Bieri baked the cookie treats.

### Upcoming Blood Drives

April 23<sup>rd</sup> and June 18<sup>th</sup>, 2019

*Submitted by Judy Bieri*



# conventions and meetings

## Advocacy Day March 17, 2019

### Monona Terrace in Madison, WI

Advocacy Day is an annual legislative event sponsored by the Wisconsin Hospital Association for health care employees, trustees and health care volunteers. It is intended to educate the participants on issues related to health care; to motivate them to take action and present grassroots advocacy opportunities. By being aware of current health care issues and legislative proposals we can better influence the course of health care in our State.

To register, Contact Donna Turcany  
dturcany@frontier.com, or phone 608 472 1350

### Western District Meeting

Wednesday, April 24, 2019

Hosted by.....US!

Partners of Gundersen Moundview  
Hospital and Clinics

### WHA Partners Convention

Tuesday, October 1<sup>st</sup> thru  
Thursday, October 3<sup>rd</sup>, 2019

The 2019 Partners Convention will be held in Appleton.  
This year's theme will be:

***"Volunteers Are The Real Gems!"***

If you would like to attend, contact Judy Bieri  
608.339.7045 or cell 608.393.3747



## Partners Volunteer Hours



You've been busy lately!  
Let us know all about it.  
President Judy Bieri would like a  
tally of your volunteer hours for  
2018.

Remember to hand them in to Judy NOW!

In November 2018,  
patients at Gundersen  
Moundview Hospital and  
Clinics were provided  
access to a portal called MyCare.



MyCare allows patients to view their health records  
online, schedule appointments and make an E-visit for  
non-urgent illnesses. Patients also can:

- Check-in for appointments
- View lab results in 24 hours
- Read appointment notes written by their healthcare provider
- Order prescription refills and contact lenses
- Other features not available through the previous patient portal

Patients can access their health record online, at any  
time from any location, using their cellphone or computer  
through MyCare but must register for the portal.

You can ask for help setting up MyCare at your first  
appointment after Nov. 1 or visit  
**mycare.gundersenhealth.org** and select "sign up now."  
Follow the step-by-step, on-screen instructions.

Download the Android or iPhone app by searching  
"Epic MyChart" in Google Play™ or the App Store™. Once  
downloaded, scroll and select Gundersen Health System  
MyCare and log in with your username and password.  
The mobile app gives you access to most but not all of  
MyCare's features.

*Easter Bake Sale*  
**Thursday, April 18<sup>th</sup>**

**Cookies – Cakes – Pastries – Easter Specialties**  
Bring in your baked goods by 8:00 am

Partners of  
Gundersen Moundview Hospital and Clinics

**The Nut Man**  
**FUNDRAISER**

150 Fine Quality Nuts, Chocolates,  
Snack Mixes and Candies

Monday, May 6<sup>th</sup> / 10:00 am to 2:00 pm  
Hospital Lobby

# Partners Showcase



ARRANGED BY  
Joleen Cozza  
and  
Bobbie Thierfelder

December 2018  
**Its Christmas**



RIGHT: January 2019  
**Fun in the Snow**

BELOW: February 2019  
**Valentine's Day**



8<sup>th</sup> Annual Parade of Trees



## March

- 1st Joan Albert
- 1st Joleen Cozza
- 4th Lila Oakes
- 11th Elaine Babcock
- 22nd Fran Coon
- 24th LaVonne Scott
- 25th Jo Ann Daily
- 26th Karen Romell

## April

- 4<sup>th</sup> Joyce Roberts
- 9<sup>th</sup> Evelyn Baerbock
- 10<sup>th</sup> Diane Roekle
- 29<sup>th</sup> Teri Casper

## May

- 7<sup>th</sup> Nancy Burdick-Seelenbinder
- 10<sup>th</sup> Lynn Carter

## June

- 1st Florence Koehler
- 2nd Karen Ramsey
- 3rd Alice Parr
- 4<sup>th</sup> Sue Grant
- 18th Nancy Wical
- 28th Marilyn Coleman



### Next Newsletter June 2019

Please submit items  
for the next newsletter  
by May 13<sup>th</sup> to

Marija Jakopec  
1146 Dover Dr.  
Adams, WI 53910

608.339.0170  
or cell 608.963.8134  
slovenca@maqs.net