



## Partners With Our Lady of Victory Hospital November 2020 President Letter



Happy Thanksgiving and Merry Christmas!

The holidays of Thanksgiving and Christmas are right around the corner and this is a good opportunity to show our thanks and share Christmas blessings with others. It is also a great opportunity to do some volunteering at home for Partners With OLVH.

Volunteer Opportunity to do Safely at Home:

1. Call or send a card or note to a co-worker, friend, relative, shut-in, COVID hero, or anyone else you know whose day you would like to add a little brightness to. Sign your name on the card or note and add that you are a member of Partners With OLVH. This is a way we can get our name out there in the public and still be safe!
2. Send a card or note or add a blue Love Light to your list for Ascension Our Lady of Victory Hospital associates, clinic workers, service area ambulance departments, police departments, fire departments, city workers, teachers you may know, etc. and let them know how much you appreciate them! To help save you some postage, I am willing to pick up cards and notes for Ascension Our Lady of Victory Hospital and bring them there. I will call the front desk when I get there so they can come out and take them to put in the mail slots.
3. If you would like to participate in this volunteer opportunity, I have a list of all the AOLVH departments, as well as the clinics and ambulance, police, and fire departments in our service area. Please let me know how many cards or phone calls you would like to do and I will get the information to you. **Let's see if we can't have enough volunteers to at least get one card or more sent to each hospital department, clinic, area fire, police, and ambulance departments.** This means we should be sending at least 28 plus cards, so it would be nice if all volunteers were willing to send a few cards. Let's get Partners With Our Lady of Victory Hospital out there and send some holiday cheer!

The cards can be either bought or homemade, or if you prefer, just a note of thanks on a sheet of paper will also do! All it would cost is for the card, postage, or the \$3 for a Love Light. It may not be a big thing, but would be something to do in volunteering when we are so limited due to the pandemic. I'm sure these people would be very happy to receive these cards, notes, or to be honored with a blue Love Light.

If you have any questions, need any further information, please either email me at [donnorchrist@charter.net](mailto:donnorchrist@charter.net) or call me at 715-644-3638.



### Virtual Book Fair & Love Lights:

The Virtual Book did not do well at all and was very disappointing. Only two members supported the book fair by placing an order. It would have been nice if a few more members would have made an effort to support it. This means that we need to make the Love Lights a big success so we can continue to give out our scholarships as well as raise some money for the hospital.

Even though we are limited on what we can do, I'm urging every member to buy some Love Lights and consider adding an extra one or two blue lights to honor our COVID heroes. This is something you can do safely from your home and still show your support for Partners With OLVH.

Ascension will be re-evaluating volunteering in January, and hopefully things will be getting better! In the meantime, please start thinking "outside the box" for things that we can do off site and be willing to be a chairman for a fundraising project. The executive meeting is looking at discussing ideas by phone or whatever way we can safely do. Let's rally and keep Partners With OLVH alive throughout 2021. Remember the saying for COVID-19, "We're all in this together"!

### **Information from Partners of WHA's "Reaching Out", November 2020**

#### **Best Foods for Arthritis**

1. Fish – mackerel, salmon, tuna, herring
2. Beans – red, kidney, pinto
3. Oils – extra virgin oils, safflower
4. Fruits – watermelon, red raspberries, avocado, cherries, strawberries
5. Vegetables – Brussels sprouts, broccoli, spinach, broccoli, dark green leafy lettuce
6. Dairy Products – low fat milk, yogurt, cheese
7. Citrus – oranges, grapefruit, limes
8. Seasonings – garlic, onions, leeks
9. Nuts – peanuts, pistachio, pine nuts, almonds, walnuts
10. Grains – oatmeal, brown rice, whole grain cereals

#### **What to drink:**

1. Green tea
2. Coffee
3. Milk
4. Juices
5. Smoothies
6. Water

#### **Laughter, something we all need at this time!**

"COVID 19 Warning" Do not let them take your temperature going into the grocery store! It's a scam! They're erasing your memory! I went in for bread and eggs and came home with beer, pizza, and ice cream! Now I know you are smiling! Stay safe!

