

Summer 2018

# VIP Connections

A quarterly newsletter for the Beloit Health System Volunteers in Partnership

## President's Corner

By Randy Abraham

It was a very busy Spring and it's turning into a busier Summer. The Volunteers in Partnership have had an array of events, fundraisers, and meetings.

On March 21, a total of 13 people, including BHS leadership, attended the Wisconsin Hospital Association Advocacy Day event in Madison.

In April, Regina Dunkin, our Volunteer Coordinator, attended her first WHA Partners Spring Meeting. A total of 6 VIPs attended this meeting in Beaver Dam for an update on volunteer efforts throughout the state.

In May, the Scholarship Committee awarded \$1,500 scholarships to five very deserving area high school students. A photo of the recipients and more information about their future plans is included later in this newsletter. The tips earned from the VIP Grille make these scholarships possible. Thank you to all the VIPs who serve on the Scholarship Committee. They have a difficult job reviewing the applications and choosing the recipients from a pool of very deserving young men and women.

I'm excited to announce that last month, we welcomed a new member to the leadership team. Chuck Ramsden was sworn in as VIP Vice President. Chuck has been a volunteer for 19 years and we are



The May 15 Blood Drive was a great success. As you can see from I did my part! Special thanks to all the volunteers who helped staff the blood drive.



Southern District Chairperson Judy Jaggard joined us to formally swear in Chuck Ramsden as the new VIP Vice-President on June 14. From L to R, Thomas McCawley, VP, Beloit Health System; Chuck Ramsden, Judy Jaggard, and Randy Abraham, VIP President.

blessed he has chosen to share his time and talents with the organization in this advanced role.

Fundraising efforts continue as we move into Summer. So far this year, Linen sales have raised \$1,200 dollars. The Nutman returns to the hospital on July 18 and we'll be hosting another Footwear sale in August. Let me know if you would like to help at any of the sales.

Thanks to all for their hard work. We have a great new momentum and we are looking forward to great things!



# Volunteer News

By Regina Dunkin, Community Relations and Volunteer Coordinator

The VIP Board is proud to announce that Beloit is hosting the Southern District 2018 Fall Meeting of the WHA Partners Association!

Date: **Tuesday, September 4, 2018**

Place: **Merrill & Houston's Steakhouse,  
500 Pleasant Street (Beloit)**

Time: **8:00 AM-2:00 PM.**

Cost: **\$30.00 Per Person**

There will be a continental breakfast and lunch served at 12 Noon.

All volunteers are invited! This will be a wonderful opportunity to learn more about the WHA (Wisconsin Hospital Association) and meet other hospital volunteers from our Southern District. There will be guest speakers in attendance too!

For more information or to RSVP, please contact me via email: [rdunkin@beloithealthsystem.org](mailto:rdunkin@beloithealthsystem.org) or call (608) 364-5206. **Deadline to sign up is Friday, August 3, 2018.**

## Election and Medicare Concerns

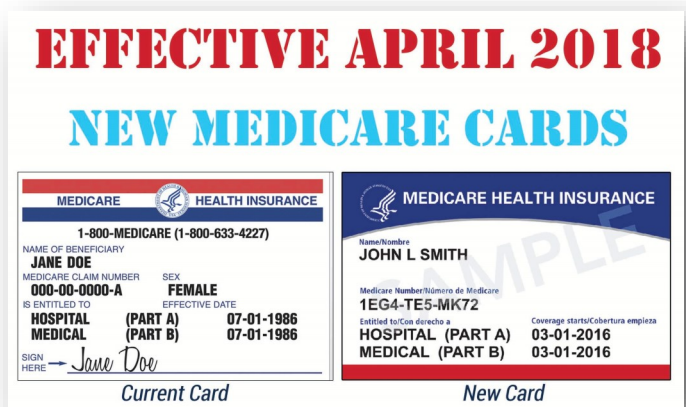
By Betty Bussie, Public Policy Education Chair

This is an election year, and most of you who are reading this do vote. As always, we need to know what issues the Senate and Assembly will be looking at and also the issues and the candidates in the national and local elections.

Many voters worry more about the effect the elections might have on their monthly benefits, both today and many years from now. Based on projections from the SSA, the agency can pay benefits in full until 2034, then they have different ways to cut some areas. Thus, we the voters, are requested to get real answers to questions about where candidates stand on issues. For example: "How would you improve service, raise the age for full retirement benefits and where do you stand on disability benefits?"

### Balanced Budget and Social Security

This spring House Republicans introduced a bill to require Congress to balance the Federal budget. As you know, that means cuts somewhere and they will be looking at Social Security and other programs. The immediate way that Congress could make cuts to the Social Security Administration is through the funding it provides to federal spending bills.



### Something New

Some seniors are a little confused about the new Medicare cards. Medicare began to mail the new ID cards to member with little information as to their use. Starting in April, individuals new to Medicare received updated cards that display a unique combination of 11 letters and numbers rather than a person's Social Security number. Current card holders will receive their cards during a year long process that began in May.

The new cards are a step forward to prevent con artists from scamming seniors. Hopefully, this is a step in the right direction.

## 2018 Rock County Senior Fair

Friday, September 14 | 9am-2pm

Holiday Inn Express & Convention Center | 3100 Wellington Place, Janesville

Be sure to save the date for this fun and informative event.

# Health Fads and Fixes

By Joycelyn Ramsden, CHE Chairperson

Source: AARP Bulletin, May 2018

This information is based on interviews with doctors and more than 150 studies. There are many fads to improve health, but studies have found the best way to solve health problems.

For relief from pain, some have tried cupping, daith piercings (the innermost cartilage fold of the outer ear), and soft neck collars but found they don't work. Two things that do work are dry needling and rollers.

For a strong heart, coconut oil is suggested. But because coconut oil is 82% saturated fat, the American Heart Association (AHA) doesn't recommend it. What can help is a handful of nuts. Nuts can help cut heart attack risk by 30%. Walking is a good way to strengthen the heart.

Everyone would like smoother skin. Some try a roller with needles and it actually works because it stimulates the production of collagen. Some have tried different creams without success. Some think drinking water will help, but this is not proven. Better to moisturize the skin itself.

Many of us are choosing gluten free. This only makes sense if you have celiac disease or gluten sensitivity. It has been found that gluten free could raise the risk of heart disease. To treat irritable bowel syndrome, peppermint oil is effective.



## Update on Health in the News

May 29, 2018 – *Janesville Gazette*

### Update on Vaping

Vaping devices continue to get smaller and more difficult to detect, and many kids believe they are risk free. While it is safer than smoking (and can help adults stop smoking) it isn't safe. They deliver large doses of nicotine and are very addictive.

May 12, 2018 - *Janesville Gazette*

### Update on Opioids

While deaths from opioid overdose continued to increase statewide, deaths from heroin and other drugs declined in 2017 in Rock and Walworth counties. In Rock County, opioid deaths dropped from a peak of 33 in 2016 to 31 in 2017. Statewide overdose deaths increased from 827 in 2016 to 883 in 2017.

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## Hospital Parking Renovations Begin in July

You'll be seeing the signs of construction at Beloit Memorial Hospital as part of a multi-phase plan to renovate the hospital's parking lots and main entrance begins in early July.

Construction is planned in phases to ensure the availability of ample parking throughout the project.

The construction will not impact access to any area of the hospital, including the Emergency Room. All hospital departments and services will remain open and will operate as normal during the entire project.

"At Beloit Health System, patient safety and convenience are a priority. These improvements will ensure safe, convenient access to everyone who visits our hospital campus," says Tom McCawley, Vice President, Beloit Health System.

The three-year, \$1.4 million renovation project will provide a more welcoming first impression for patients and visitors and improve safety.



# Welcome, Summer!

By Deb Brigham/Gifts from the Hart

The first day of summer has come and gone. The rains are hitting with a vengeance, making the grass grow so fast we can almost WATCH it. The baby ducks are growing and are almost the size of the adults, no longer cute and fuzzy. Time just goes by so fast these days.

Your Giftshop continues to make changes and grow right along with the world around us.

Different displays, new merchandise, new promotions and so much more. So, what's new and unique of the latest arrivals? Here's the low-down on a couple: RFID wallets (un-scannable for credit info thieves), and it doubles as power bank for your cell phone. You can charge your phone while it's in your purse or pocket! We also have DEET-free mosquito wrist bands with natural oils!

We'd also like to extend an invitation to those of you that haven't yet found our unique shop: Please stop in and give us a chance to win you over. We hope you will be amazed in what you see.

Please note that all the proceeds from our sales go back to the VIPs, who in turn give back to programs for the hospital and the community.

We will be doing different promotions weekly or bi-weekly throughout all of July. Stop often to see what THIS week's deals are and have a wonderful summer!



# Alertline Appreciation Event Held in June

In June, the Health System hosted a special appreciation event at the Beloit Club for former Alertline volunteers. Tunstall, the company providing the Alertline service for Beloit Health System for many years, took over billing for the



(L to R) Malcolm and June Reed; Doug and Dee Johnson and Bonnie Pody.



Chuck Ramsden, VIP Vice President and Jocelyn Ramsden, VIP CHE Chairperson.

service on June 1. Tunstall continues to provide service to the area and monitor all calls for all subscribers. In addition, the company donates funds back to the VIP organization each month.

# 2018 VIP Scholarship Recipients Awarded



This year, the Volunteers in Partnership Scholarship Committee awarded five \$1,500 scholarships to local high school students. The recipients are (Front Row L to R) Amanda Larson (Turner High School) attending UW LaCrosse; Brice Enright (Clinton High School) attending Northwestern College Iowa; Devin Wolf (Beloit Memorial High School) attending University of Minnesota; Elijah Williams (Beloit Memorial High School) attending St. Mary's University Minnesota; Emily Ozolins (Clinton High School) attending UW LaCrosse. Representing the VIPs (Back Row L to R) Betty Johnston, Sue Hein, Bonnie Pody, Randy Abraham, Diana Alheid, and Dick Johnson.

## Honoring Our Volunteers for Years of Service

Beloit Health System is humbled by the dedication of our volunteers and proud of their service to our patients. It's been said before, but it is worth repeating, we couldn't do what we do without you! In May, the annual Appreciation Brunch at the Beloit Club celebrated our volunteers and recognized many for their years of service. Thanks to everyone

who helped make this event special. We are truly honored to have each and every one of you on our team!

Honored for 50 years of Service, Judy Buchs was unable to attend the event. Nina Rallo was honored for 35 years of service and Julie Gram was honored for 30 years of service.



**35 Year Honoree Nina Rallo** (front) is pictured here with Regina Dunkin, Community Relations and Volunteer Coordinator; Randy Abraham, VIP President; Tim McKeveatt, President and CEO Beloit Health System; and Sherrie Swanson, Volunteer Coordinator, Beloit Regional Hospice.



**30 Year Honoree Julie Gram** receives her pin and flowers from Randy Abraham, VIP President; Regina Dunkin, Community Relations and Volunteer Coordinator; and Sherrie Swanson, Volunteer Coordinator, Beloit Regional Hospice.



More than 200 volunteers joined in the fun at the Beloit Club for the Annual Appreciation Brunch. The event honors volunteers for years of service and recognizes their hard work and dedication.



## 5 Year Honorees

(L to R front row) Betty Sterna, Anna Gates, Keith Lutz, Pauline Messenger (L to R back row) Nancy Grenwalt, Pay Shea, Debra Parker, Sharon Mellom, Tim McKevelt, Mary Lou Thompson and Linda Klebsdel. *Not pictured Susan Adams, Barb Bailey, David Bailey, JoAnne Davis, Jan Diderich, Bobbie Lee, Carol Perkins, Sally Pierick, Lynn Rumpel, Judy Stottmeister.*

## 10 year Honorees

(L to R) Cindy Miner, Patricia Rood, Tim McKevelt, Diana Alheid, and Tom Gasiorowski. *Not pictured Joyce Howard, Lisa Mountford, Gayle Skaugen, and Sandra Tom.*



## 15 Year Honorees

(L to R) Doris Davis-Gaustad, Darlene Breden, Tim McKevelt, Janet Sumpter, Marion Sheean, Christopher Carlson, Diana Lukich, and Donna Hemmerling. *Not pictured Lisa Brigg, Esther Humphrey, Virginia Long and B'Lynn Weitzel.*

## 20 Year Honorees

(L to R) Barb Jensen, Nancy Hoey, Nancy Konopa, Tim McKevelt, Les Schroeder, Shirley Schulze, Mae Sanford, Margaret Brewer and Rita Llorca.

