

# River Falls Area Hospital Auxiliary

Volume 1, January 2016



## Holiday Boutique / Kiosk Korner

The Kiosk sales will have another record breaking year! We have sold through 12/20 what we sold for all of 2014. Our Kiosk sales came in at \$18,649.78. The Holiday Boutique had a major impact on our sales. We have come a long way since 2005 when we first opened, when our gross sales were \$4,000.00. More and more people are coming into the hospital just to shop at the Kiosk. My

goal has been, not to only be a gift shop in the River Falls Area Hospital but to be a gift shop in River Falls. The word is out in River Falls that the Kiosk carries Robeez Shoes, Webkinz stuffed animals, the Amazing Cloth and these are just some of the items that customers come in looking for.

I want to thank Audrey Alton for donating her beautiful tablecloths and a big thank you to Arline Taylor who makes sure that the Kiosk is open everyday by scheduling our wonderful and com-



mitted volunteers. We would never be able to have this much success without them.

Make it a great 2016!

*Mary Franzel*

## Christmas Tea

The annual Auxiliary Christmas Tea was hosted by Eunice Filkins and assisted by Maureen Paulson. We had about 20 in attendance, all providing a variety of goodies to share along

with coffee, water and lemonade. It was a relaxing, festive afternoon. We had a wonderful time eating fabulous treats and sharing conversation. Thank you to Eunice for hosting this

year's tea in your beautiful home.

*Maureen Paulson*

## Calendar of Events

**Tuesday - Jan. 12**

Membership Mtg. &  
Installation of Officers  
10:00-12:00

## Board of Directors

**President:** Sue Meisner

**Secretary:**

Heather Logelin

**Treasurer:**

Glenda Zielski

## Committee Chairs

**Public Policy:**

Diane Westbrook

**Community Health:**

Jean Bot

**Sunshine:**

Dee Larson

**Advertising:**

Nancy Weinreich

**Kiosk:**

Arline Taylor



Joyce Breen & Sue Meisner



Maureen Paulson & Eunice Filkins



Arline Taylor & Fern Tomaszewski

## River Falls Area Hospital Auxiliary



*Dawn Huberty*

### Christmas Tree Decorating

I would like to thank Dee Larson, Dawn Huberty, Helen Traynor, Karen Brohough, Nancy Weinreich, Lynda Paulson & Sue Nelson for taking time out of your busy schedules to decorate the Hospital Christmas trees.

They look absolutely beautiful and help's put everyone in a festive mood.

A hospital can be a scary place to walk into when you need to have a procedure done, but by having these tree's and other holiday decorations, it helps ease the mind and spirit. Thanks again ladies for helping make our hospital a beautiful place. *Sue Meisner*



*Nancy Weinreich, Dee Larson, Karen Brohough & Helen Traynor*

### Recipe by Dawn Huberty

#### Cranberry Shortbread Cookies

1 C butter, softened      3/4 C powder sugar      1/8 tsp. salt  
2 tsp. vanilla extract      3/4 C chopped dried cranberries (craisins)  
2 C flour

- Additional add-ons can be white chocolate chips, walnuts, etc.

In a large bowl beat the butter, sugar & salt until blended. Add vanilla, 1 cup of flour at a time until blended, add craisins (and other add-ons.)

Shape dough into firm, shaped long log. Roll in waxed paper, refrigerate 30-45 min. Unwrap wax paper, cut into 1/4" slices and arrange on greased cookie sheet. Bake 12 min.—watch cookies, when edges are light-medium brown. Remove from oven & cookie sheet. Cool on racks. Yield 3 Dz.

### Correction on your calendar:

On the 2016 calendars that were sent out, please change the following:

Both book fairs have the correct dates but they should say Friday, not Tuesday.

### United Way Support

Allina Health has continued its support of United Way's Food Resource Center by volunteering and sponsoring the November 2015 food shipment at the Platinum level. United Way St. Croix Valley is thankful for the support.

Auxiliary volunteers to the right helped unload the November shipment: Mary & Tom Halada, Sue Nelson, Mary & Terry Franzel and Jean Bot





## Installation of Officers at our January meeting



Our next meeting on January 12th we will also hold the "Installation of Officers." We are still looking for a President

Elect. Won't you consider joining the board? We are slated to have, Sue Meisner as President, Heather Logelin as Secretary, and Glenda Ziel-ski as treasurer.

I will need to know if you will be attending the meeting.

Also, if you would like to stay after for lunch I will

need to know that as well.

### Menu:

White Chicken Chili bar  
Bread Sticks  
Fruit Pizza  
Coffee & Water

### Please RSVP to:

Sue Meisner at  
rorynsue@yahoo.com or  
608-412-1792.



*Happy New Year  
to all our members!  
Let's make this year  
as volunteers the best  
we can be.*

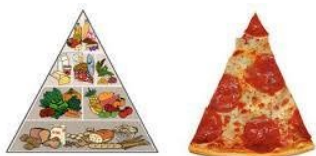
## First Baby born in 2016 at the River Falls Area Hospital

The first baby born in the River Falls Area Hospital for 2016 was, Esther Bourbeau. She was born at 12:59 PM on January 1st. Her proud parents are, James and Sarah Bourbeau. Our Auxiliary gave a gift bag of the following items to the

family: Robeez Shoes, Afghan, Baby's 1st tooth keepsake, Sweater, Bath Towel and a Stuffed Animal. Congratulations to the family and enjoy your precious little girl!

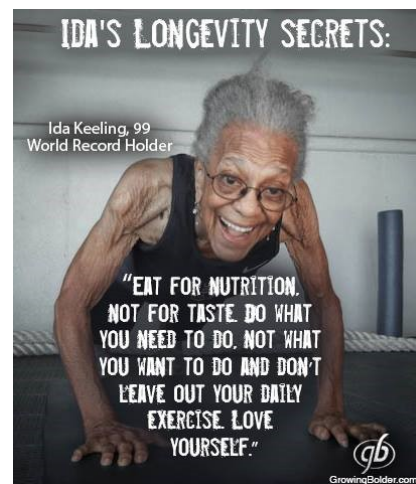


## Healthy Eating



**CLOSE ENOUGH.  
Maybe not!**

As of January 1st, Allina is promoting healthy eating. By doing this they will not sell deep fried foods or sugary drinks. This will include soda/diet soda. This does not mean that it is not allowed on campus, but they will not sell it. There is also a McDonalds at Abbott Northwestern Hospital. Allina will drop their contract with them as of 5/31/16. At Allina, your health matters!



## HUMOR

### Is good for the soul

- ◆ If Jimmy cracks corn and no one cares, why is there a song about him?
- ◆ If love is blind, how can we believe in love at first sight?
- ◆ Why are they called stairs inside but steps outside?
- ◆ Why is it that cargo is transported by ship but a shipment is transported by car?

## ANNUAL DUE'S

It's that time again to pay your yearly dues.

The amount is still \$10.00 for the year and can be paid directly to:

Kathye Beebe  
319 N. 9th St.

River Falls, WI. 54022

Checks should be made out to RFAH Auxiliary.



## River Falls Area Hospital Auxiliary

### Relay for Life and Advocacy Day



**Relay for Life** will be coming up soon and we would like to know if there is an interest in having a team again this year. If you are interested, please contact Sandy Bowen. If we don't get enough interest we can join Allina with their team although we would like to still continue having luminaries for our members that have had cancer in the past.

Also, **Advocacy Day** will be on March 30th. We will need to know who would like to attend this as well. If you are interested, please contact Heather Logelin for details. There will be a sign up sheet for this at our January meeting.



### Sympathy

The only people who think there's a time limit for grief, have never lost a piece of their heart.



Take all the time you need.



***Our sympathy goes out to the families of:***

***Liz Oostendorp  
Anne Jilek  
Joanne Schultz***

***Our hearts and prayers go out to their family and friends during this difficult time.***

### Scholarships

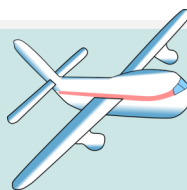
Our committee is all set to send out the applications to the schools for scholarship recipients. Instead of having the school counselors pick out the recipient as we have done in the past, we now have our own application with step by step instructions. Our committee will view all the applications and choose the ones that fit the criteria the best. Another change is regarding eligibility to apply for the scholarships. While we will continue to designate one scholarship for River Falls, the other two scholarships will be open to students from throughout Pierce and St. Croix Counties. A final change is that applicants who volunteer or work at the hospital, and/or who have a parent/grandparent who volunteers or works at the hospital, will receive bonus points

#### Scholarship Committee:

Glenda Zielski, Sandy Bowen, Carol McVicars. Joyce Breen & Roxy Sukowatey



Do you ever get mail that said you could redeem your airline miles for magazines? How about donating those miles for the magazines to be used at the hospital in different departments! This just makes sense rather than tossing the miles out the door. If you have any questions on how to do this, please contact, Heather Logelin. She will be glad to help you out.



## Hospital Requests

Proposed Hospital Requests that have been approved by the board, but still needs to be voted on by the membership at the January meeting.

OB Dept: Renewed Support - Halo Sleep Sacks **\$750.00**

ER Dept: Renewed Support - Car Seat Safety Program **\$500.00**

ER Dept: Renewed Support - Stuffed Animals **\$500.00**

ER Dept: Renewed Support - Replacement Clothing for ED/MS Patients **\$500.00**

ER Dept: Keurig Coffee Machine & Supplies **\$250.00**

ER Dept: Replacement DVD Player **\$200.00**

**Totaling: \$2,700.00**

## January

21-Mary Black  
29-Jeanette Leonard  
30-Barb Grant



## February

13-Maureen Paulson  
13-Diane Westbrook  
18-Jo Lantz  
25-Nancy Stowall

## Chemo Hats

Requests have been made to have hats made for the hospital's chemo patients. At least 18 have been made and others are in the works. They can be made of fleece, knitted or crocheted. If you would like to help out with this, please contact Kathy Beebe at 715-425-2015. She has the patterns and can answer any questions that you have.



## February Heart Health Month



Keep your eyes open in February for an event that will be hosted by Allina and our own Dawn Huberty on Heart Health. Dawn has a book out called, "Wired for Life." It has so much information about heart replacements and more so it only seems fitting to have her help out with this February event.



## GETTING TO KNOW YOU: SUE NELSON



Sue Nelson was born on the East Side of St. Paul, the only daughter of Lone & Edgar Eng. Sue's mother grew up on a farm in North Dakota. Sue's father was a first generation American, the son of a Norwegian immigrant. Sue had a younger brother, Bob, who grew up to become an orthodontist.

Sue's dad worked for the railroad, and when Sue was six years old he was transferred to Seattle. Sue loved it in Seattle and was not happy when her dad was transferred back to St. Paul when she was 15. She graduated from Harding High School, where she says she was a "nerd." She started nursing school at Ancker Hospital, an old building by the Hamm's Brewery on West Seventh Street. When Ramsey (now Regions) Hospital was built, Sue was transferred to that facility.

Sue likes to say that she met her husband, Allen, "at a psych hospital." In reality, she was doing her psych rotation at Regina Hospital in Hastings, MN, Allen's hometown. At the time, Allen was at UW-River Falls, studying to be a teacher. Sue says the timing wasn't great, as nurses on the psych rotation typically convinced themselves they had some psychiatric condition, and Sue was no exception. They somehow made it through, marrying at an Episcopal Church in St. Paul, after which Allen finished his Bachelor's and Master's Degrees at UW-River Falls. He spent his career teaching in the Prescott School District, where Sue now volunteers.

Sue started "here" - actually, at St. Joseph's Home and Hospital—in 1967. She eventually went back to school and completed her 4-year degree (BSN). Throughout the course of her 46-year career with our hospital, she thinks she did nearly every possible nursing job. She was a floor nurse, a charge nurse and a nursing supervisor; she was an infection control nurse and an employee health nurse; she was a care manager.

Sue and Allen have four daughters, Laurel (1970), Kirsten (1972), Amy and Beth (1975). Sue explained that wasn't necessarily the plan, as they decided to try for a boy after Laurel and Kirsten was born—and ended up with Amy and Beth. That was plenty for Sue, who explains that, "When they started coming two at a time, I thought, enough is enough." Three of the four girls married local boys, and all four live in the area. Laurel (Anfinson) is a reading specialist in Hudson; her husband, Jon, is a self-employed contractor. Kirsten (Imrie) is a nurse at RFAH; her husband, Scott teaches in Plum City. Amy (Holt) works for Croix Insurance; her husband, Steve, is an electrician. Beth (Kinneman) is a dental assistant in Prescott; her husband, John, works at Waterhouse Company. Sue's nine grandchildren range from ages 4-17, and she and Allen spend a lot of time going to wrestling matches, basketball games, gymnastics meets, etc.

Some of you might remember that in October of last year, Sue was involved in a serious car accident. She was driving home from a volunteer shift at the hospital and was broadsided at the Moody's stoplight. She broke her neck and fractured her leg, spending much of October and November at Regions Hospital, where she had multiple surgeries. While she had a remarkable recovery, she still can't stand for long, gets swollen ankles and has a limited range of motion in her neck. You'd never know it, though as you watch her greet visitors to the hospital, many of whom she knows and can share a joke or story with before sending them on their way.

When not volunteering at the hospital, free clinic or school district, Sue enjoys playing cards, gardening and knitting. Sue and Allen both enjoy travel. Sue says one of the best trips they've taken was a cruise on the Rhine River with stops in France, Germany and Holland. They are taking a Mediterranean cruise in January and will again spend the month of March in Florida, where Sue enjoys walking the beach and listening to the waves. Their children and grandchildren will visit throughout the month, though not all the same time. "We tried that once," explained Sue, "and it was a fiasco."

