



HEARTLINE

AUXILIARY NEWSLETTER • SEPTEMBER 2016

MESSAGE FROM THE PRESIDENT

Greetings to each of you. Your Board has been busy setting up lots of events for you to attend and need your continued help to make them a success. There are brat fry events, the fall luncheon, Lights of Love and bake sales, as well as working in the gift shop and the many fund-raisers we hold. Find your niche and volunteer today!

The state Partners of Wisconsin Hospital Association (WHA) convention is scheduled at the Paper Valley Hotel in Appleton on October 4 to 6 and the Lakes District Fall Meeting will be in Sheboygan on October 12. These are always fun and inspiring events to attend, so sign up and join us for a great experience. Speaking of the state convention, there are raffle tickets available in the gift shop. The prizes are super, including \$200 cash, tickets to Packers and Badger games. The price is \$1 each or six for \$5....a good way to donate, and possibly win a prize for yourself and to share with family or friends.

Many thanks to all who give their time and talents to keep us making a good impact on helping Ripon Medical Center and the medical environment in Wisconsin.

Jackie Halverson, President



MEMBERSHIP NEWS

Hello members! I have thoroughly enjoyed summer and don't want it to end; how about you? I wish to extend my sincere sympathy to Audrey Kelma and Judy Zimmerman who have both recently lost their husbands. May you find peace in the days ahead. As always, we continue to encourage you all to invite others to join the Auxiliary. As time passes, and for various reasons, we lose members, but we will continue to try to grow our membership.

There are still a few people who have not paid dues. I would ask that you complete this task so our records can accurately depict our current membership. If you do not plan to continue membership, give me a call at (920) 602-7810 or drop me an e-mail at joann.strandell@gmail.com.

Everyone stay healthy and I look forward to seeing you at our next luncheon.

Joann Strandell, Chairperson, Membership Chair

RMC AUXILIARY SEPTEMBER LUNCHEON/MEETING

You are invited to attend the Auxiliary Luncheon being held in the Green Lake Room at Ripon Medical Center on Monday, September 19, 2016 at noon. Our speaker for the event will be Dr. Stephanie Mehl presenting on Lyme Disease. The business meeting will follow the presentation and highlight plans for our 75th anniversary celebration. **Cost for the event is \$6.**

Call or e-mail Karen Gross by Monday, September 12, 2016 at noon with your reservation at (920) 745-3670 or grossk@agnesian.com. Please indicate if you have any special dietary needs.

VOLUNTEER NEWS AND NOTES

What a beautiful summer we have had! As I drive to work each day and see the beauty of the farm fields and the harvesting being done, I am thankful for all that we are blessed with. I want to say a special thank you to all of you for all the help and support that you have given to Ripon Medical Center.

Volunteer Services is entering that busy time of the year as the students return to school and our snowbirds begin to leave for warmer climates. I wish them all safe travels and a good winter, and we will look forward to your return next spring.

Annual Education Days for volunteers of Ripon Medical Center have been scheduled for:

Monday, September 26

Session one: 9 a.m. to Noon - Influenza vaccine and TB questionnaires

Session two: 12:30 to 3:30 p.m. - Influenza vaccine and TB questionnaires

Friday, October 7

Session one: 9 a.m. to Noon - Influenza vaccine and TB questionnaires

You need only attend one session if you volunteer at Ripon Medical Center. This is a requirement for all volunteers. If you are unable to attend one of the sessions, an annual education packet will be mailed to you to complete. All hospital volunteers must receive a flu shot in order to continuing volunteering. If you are unable to receive a flu vaccine, let me know as soon as possible. Members of the Auxiliary who do not volunteer at the hospital are invited to receive a free flu shot any time after September 26. You may stop in at Associate Health at Ripon Medical Center, and let them know that you are a member of the Auxiliary and you would like to receive a free flu shot. They will have a list of all paid members eligible to receive a shot.

If you do not currently volunteer at the hospital but are interested in doing so, please feel free to contact me at 745-3670 regarding volunteer opportunities. I look forward to seeing you at the September 19 luncheon.

Karen Gross, Volunteer Coordinator

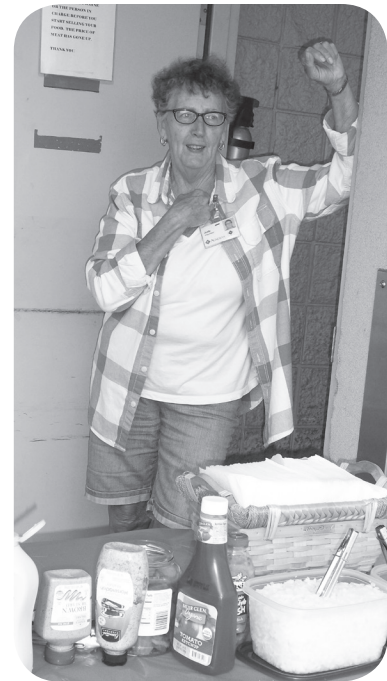
BRAT FRY FUND-RAISER

Well our summer is going by fast, and we have one more brat fry fund-raiser left to go. We have been blessed with a lot of good help to work the brat fry events and many of you have donated supplies to help keep our costs down. It has really been a big help, and I appreciate everything all of you have donated and also the great helpers we have had. We have plenty of supplies to get us through the season.



We will be having our last brat fry on Saturday, October 8. I know it is late in the season but I am sure there are still some people out there looking for one more brat before the leaves start falling. Bring all your family and friends and let's make this the best brat fry yet.

Thank you all again for your support and donations. It would be hard to do it without all the wonderful help.



Judy Robbert, Chairperson, Brat Fry Fund-Raiser

FINANCIAL REPORT

Here are the financial results for the fiscal year beginning July 1, 2015 and ended June 30, 2016. We dropped some of our fund-raisers, but added the flower basket sale and it was very successful. The gift shop more than doubled its profit over last year. We hosted the Fall District meeting which helped offset some of our expense. We were able to award two \$1,000 scholarships and donate \$10,582.50 to Ripon Medical Center. These donations were for the pergola in the healing garden (\$10,000), the Nativity Scene under the stairwell at Christmas (\$264.50), two strollers for the clinic (\$150.81), clothing for Emergency Department patients (\$100) and supplies for the patient hospitality cart (\$67.19). Cash remaining at the end of the fiscal year was \$27,325.43.

Membership is down slightly, so please ask your friends, neighbors and relatives to be a part of our amazing organization!

June 2016 RMC Auxiliary, Inc. Treasurer's Report

	FY 2016 Actual	FY 2016 Budget	FY 2015 Actual
INCOME			
Fund-Raising	\$ 13,084.71	\$ 7,775.00	\$ 10,782.75
Donations	175.75	-	-
Membership Dues	585.00	622.50	607.50
Gift Shop Sales	30,567.15	19,346.00	18,136.79
Total Income	\$ 44,412.61	\$ 27,743.50	\$ 29,527.04
EXPENSES			
Fund-Raising Expenses	\$ 2,635.93	\$ 250.00	\$ 237.77
Luncheons	116.50	55.00	89.00
State Conventions/District Meetings	10.89	325.00	349.00
Organization Expenses	157.75	250.25	219.21
Gift Shop Expenses	21,560.36	15,274.66	13,452.09
Total Expenses	\$ 24,481.43	\$ 16,154.91	\$ 14,347.07
NET INCOME BEFORE DISTRIBUTIONS	\$ 19,931.18	\$ 11,588.59	\$ 15,179.97
DISTRIBUTIONS			
Scholarships	2,000.00	2,000.00	2,000.00
Donations for RMC	10,582.50	10,100.00	23,856.87
Total Distributions	\$ 12,582.50	\$ 12,100.00	\$ 25,856.87
NET INCOME AFTER DISTRIBUTIONS	\$ 7,348.68	\$ (511.41)	\$ (10,676.90)
CASH BALANCES	\$ 27,125.43		\$ 19,232.91

Bobbie Pollesch, Treasurer

FY 2017 RMC AUXILIARY, INC. BUDGET

The budget reflects the Board's financial plan for the fiscal year that began July 1, 2016 and will end June 30, 2017. We have conservatively budgeted income and expenses to be about the same as our very successful last year.

Because we have done so well with building cash reserves through fund-raising and increased gift shop profits, the Board decided to increase our \$1,000 scholarship awards from two to three in 2017.

We have donated \$8,800 in July to Ripon Medical Center for a bariatric stretcher in the Emergency Department. We plan to donate \$10,000 to Ripon Medical Center after Lights of Love. This will be used toward the construction of the wellness walkway around the hospital campus. In addition, we will continue to supply the patient hospitality cart and have estimated the cost to be \$100.

Even with these planned expenditures, we still have about \$8,000 in reserves. So, we will be able to fund additional requests from Ripon Medical Center as they come up from time to time.

FY 2017 RMC Auxiliary Budget

INCOME

Fund-Raising	\$	13,750
Membership Dues		592
Gift Shop Sales		30,750
Total Income	\$	45,092

EXPENSES

Fund-Raising Expenses	\$	3,615
Luncheons - net		55
State Conventions/District Meetings		725
Organizational Expenses		209
Gift Shop Expenses		23,165
Total Expenses	\$	27,769

Net Income before Distributions		17,323
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DISTRIBUTIONS

Scholarships	\$	3,000
Donations to RMC		18,900
Total Distributions	\$	21,900

NET INCOME AFTER DISTRIBUTIONS	\$	(4,577)
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Bobbie Pollesch, Treasurer

WHAT'S NEW AT RIPON MEDICAL CENTER

We have a lot going on at Ripon Medical Center these days - all exciting developments to help us continue our efforts to grow, and offer as many services as possible at a local level. I'm proud to share with you but a few of these key advancements.

New Providers

Husband and wife team - **Robert Bertram, DPM**, and **Sarika Parikh, DPM**, podiatry - are beginning to see patients on a rotating basis at Agnesian Health Plaza Building A, Ripon Medical Center and Waupun Memorial Hospital. Upon their arrival, **Stuart Wertheimer, DPM**, podiatry, will transition his practice to Fond du Lac at Agnesian Health Plaza Building A. In addition to seeing podiatry patients, Dr. Parikh will be seeing patients at Agnesian Wound Care in Waupun.



Robert Bertram, DPM



Sarika Parikh, DPM

Behavioral Health Services Additions

In addition to two existing behavioral health specialists, Ripon Medical Center now features the services of **Brandon Boe, SAC-IT**, an addiction counselor with St. Agnes Hospital's Outpatient Behavioral Health Services. He sees patients at Ripon Medical Center on Tuesdays and Wednesdays. Boe works with patients 18 years and older focusing on recovery from addiction concerns, including drugs, alcohol, gambling, compulsive and impulsive behaviors, structure, boundaries and other life skills. As a licensed substance abuse counselor in the state of Wisconsin, Boe earned his associate's degree in Alcohol and Other Drug Addiction from Moraine Park Technical College.

Spine Surgery

Jeffrey Meincke, MD, orthopedic surgeon, will begin performing spine surgery at Ripon Medical Center. While Dr. Meincke had previously performed his spine surgery cases at St. Agnes Hospital, he will now be doing the majority of them in Ripon. All peri-op and inpatient nursing associates have received specialized education on care of the spinal surgery patient and an OR team has been training with him at St. Agnes Hospital. We are very excited to be bringing this level of ortho-spine care to the Ripon community.

Pathway to Excellence

As you are aware, Ripon Medical Center has begun its Pathway to Excellence journey. The goal of Pathway to Excellence is to positively affect nursing satisfaction and retention by credentialing the foundation of a healthy workplace for nurses. Nurses benefit from the Pathway to Excellence journey in the following ways: feel valued, have a voice, have an environment that supports quality nursing practice, and become central to interprofessional collaboration.

The process will begin with a self-assessment survey from July 18 to August 1. A Gap analysis and action plan will be completed through early October. Then, through September 2017, work will focus on building infrastructure, engaging nurses/other disciplines, and preparing the written document. Plans call for application submission no later than October 2017 and document submission in February 2018.

Katherine Vergos, Chief Operating Officer

GIFT SHOP

Summer always passes way too quickly!!

We hope you stopped by the gift shop and benefited from the "end of summer clearance." Now a wide variety of fall items are on display waiting to find their home with you. We are excited for you to see all the new styles and colors of scarves, jewelry and fall home décor items. As the weather cools, we anticipate supplying you with Hughes candy also.



Come visit the shop; bring your friends. We look forward to seeing you and, as always, welcome your suggestions.

Mary Schieffer, Chairperson, Gift Shop

COMMUNITY HEALTH EDUCATION

Promising New Treatments for Lyme Disease

(Continued from May 2016)

Lyme disease is a difficult illness to cure, according to Northeastern University Distinguished Professor Kim Lewis, who leads a Lyme disease research team.

A new regime

Lewis and his colleagues are providing that focus. A subpopulation of *B. burgdorferi* cells, they discovered earlier, are “persister” cells - they are alive but lie dormant, in a spore like state. Because antibiotics attack only actively functioning bacterial cells, persisters escape the onslaught. However, once the antibiotic has been flushed from the system, the persisters “wake up,” says Lewis, dividing and multiplying until an army of progeny infect the host.

That’s where “pulse dosing” comes in. Lewis’ team, in collaboration with researchers studying *B. burgdorferi* in mice at Tufts University’s Sackler School of Biomedical Sciences, has been analyzing the effect of giving the mice an antibiotic that kills all the actively functioning bacterial cells and then-using the timing that eradicated the pathogen in the test tube -giving additional doses to quash the persister cells as they begin to wake up but before they reproduce.

Plans are in the works for the first pulse-dosing human trials with medical schools.

Drugs combined and discovered

Doxycycline may be standard first-line treatment for Lyme, but, says Lewis, it doesn’t even kill *B. burgdorferi*, it just suppresses its growth, leaving the rest of the work to the immune system. “We simply asked the question: ‘Is it possible to combine existing antibiotics to treat not only chronic Lyme but any stage of Lyme if the diagnosis is unambiguous?’”

The researchers have already found combinations that are effective against the *B. burgdorferi* in the test tube and will move on to animal studies next.

They are tackling new-drug discovery on two fronts: Plumbing the 200,000-plus compounds in their collection at Northeastern to find the ones that act solely against *B. burgdorferi* to avoid unwanted side effects and, in collaboration with Novobiotic

Pharmaceuticals, extracting drugs from bacteria that live in soil using the iChip, a device developed by Slava Epstein, Distinguished Professor at Northeastern, in collaboration with Lewis. The iChip provides access to the 99 percent of microbes in the environment that heretofore could not be grown in the lab.

“So far we have identified two lead compounds that kill *B. burgdorferi* and have no activity against other bacteria,” says Lewis.



The researchers are also exploring whether the microbiome has “shifted” in those with PTLDS, to see whether introducing certain microorganisms might shift it back. Animal studies have shown that manipulating the microbiome composition alleviates symptoms of autoimmune diseases such as rheumatoid arthritis, which share many characteristics with PTLDS.

“We are going at Lyme disease with everything we have,” says Lewis.

Published March 29, 2016 - <http://www.northeastern.edu/cos/2016/03/researchers-investigate-four-promising-new-treatments-for-lyme-disease/>

Barb Benkoski, Community Health Education, Chairperson

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*What a man does
for himself, dies
with him. What a
man does for his
community lives
long after he's gone.*

- Theodore Roosevelt

UPCOMING EVENTS

September 14	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
September 26	Annual Education Day, RMC	9 a.m. to Noon
September 26	Annual Education Day, RMC	12:30 to 3:30 p.m.
October 4-6	WHA State Convention, Paper Valley Hotel, Appleton	
October 7	Annual Education Day, RMC	9 a.m. to Noon
October 8	Brat Fry, Webster's Marketplace	9 to 11 a.m.
October 12	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
October 14	Kick off for Lights of Love and Raffle	
October 12	Fall District Meeting, St. Nicholas Hospital, Sheboygan	
October 17	November Heartline Newsletter articles due	
October 19	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
November 9	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
November 21	Auxiliary Luncheon at Maple Crest	12 to 2:30 p.m.
November 21	Old Hippie Candle Sale, RMC Lobby	10 a.m. to 3 p.m.
December 2	Christmas Open House at RMC - <i>more information available soon</i>	
December 7	Lights of Love Ceremony and raffle drawing	6 p.m.

CRAZY COFFEE FUN PROJECT

Put a coffee mug on a window ledge for use every day from September 5 to 18. Bring your collection to the Luncheon on September 19. Collection will be used toward Auxiliary expenses not covered by dues. Have fun!



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| September 5 | Put 5 cents in coffee mug if it is sunny today. |
| September 6 | Put 2 cents for each cup of coffee or tea you drink today. |
| September 7 | Put 1 cent for each ten years of your age. |
| September 8 | Put 2 cents for each pill you take today. |
| September 9 | Put 5 cents for each of your children (single or married). |
| September 10 | Put 2 cents for every rose bush in your yard. |
| September 11 | If you read the June newsletter entirely, put in 10 cents, if not put in 25 cents. |
| September 12 | Put 15 cents if you did not attend church services last weekend. |
| September 13 | Put 5 cents if you have window blinds or shutters. |
| September 14 | Put 5 cents if you went shopping today. |
| September 15 | Put 3 cents for each grandchild. |
| September 16 | Put 10 cents if you have a cell phone. |
| September 17 | Put 7 cents for each mirror in your home. |
| September 18 | Put 1 cent for each 20 pounds of your weight. |

JUNE LUNCHEON FUN!



PUBLIC POLICY EDUCATION

Some facts we all should know about our Wisconsin hospitals. Wisconsin is ranked seventh best state for patient safety in the nation. Wisconsin is ranked third best state for healthcare efficiency. Wisconsin hospitals are ranked second highest in healthcare in the nation. We can all be very proud of Wisconsin hospitals and the people who work hard to make us function together to be great for our patients.

Sandy Krueger, Public Policy Education, Chairperson

75TH ANNIVERSARY CELEBRATION

The planning committee has met and several ideas were discussed. The main event will be on the anniversary date of January 16. Other events will depend on membership involvement. We have an organization that we can all be very proud of, so please step up and volunteer when asked if you can. For more information, contact Barb Ann Behlen, Barb Benkoski, Bobbie Pollesch, Barb Miller, Joann Strandell, Karen Gross and Shelly Haberman.



The benches donated by the Auxiliary have been installed in the Healing Garden.

LIGHTS OF LOVE

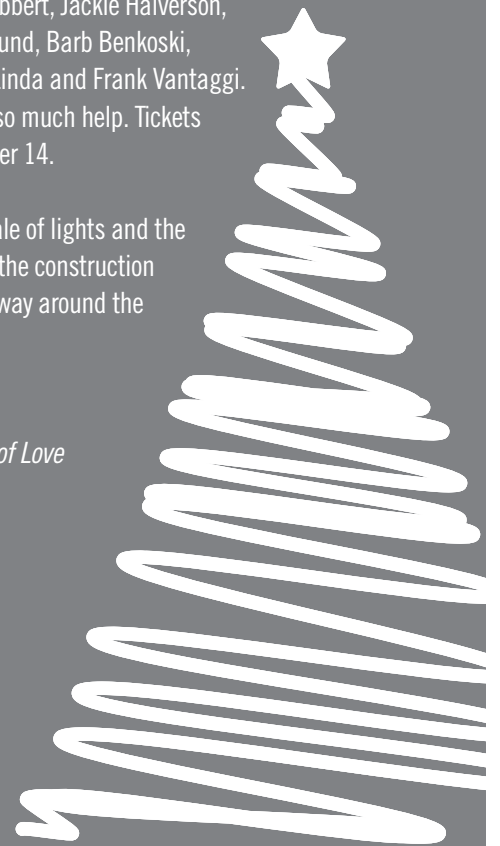
Lights of Love planning is underway. The date has been set for Wednesday, December 7 in the RMC Journeys Commons at 6 p.m. Note the time change. We received feedback that an earlier time is preferred. A big thank you to those who volunteered to be on the planning committee: Barb Ann Behlen, Judy Robbert, Marty Schattschneider, Karen Gross, Iona Altnau, Linda Vantaggi, Barb Miller and Jackie Halverson.

The program will be similar to prior years with the choir from Our Savior United Church of Christ, and punch and cookies afterward. Names will be displayed in the book Marty Schattschneider made last year. It will be displayed on a podium in front of the stairs, along with a table with Lights of Love brochures, from October 15 through early January. We also plan to project the names on the wall during the Lights of Love event on December 7. This year we will have cards available to purchasers of Lights to send to recipients.

The raffle will be for five themed prizes displayed on trees designed by Marty Schattschneider instead of baskets. Thank you to the group working on soliciting these prizes from area businesses: Judy Robbert, Jackie Halverson, Barb Miller, Shirley Lund, Barb Benkoski, Anita Hoffman and Linda and Frank Vantaggi. I appreciate having so much help. Tickets will go on sale October 14.

Proceeds from the sale of lights and the raffle will go toward the construction of the wellness walkway around the hospital campus.

*Bobbie Pollesch
Chairperson, Lights of Love*





HEARTLINE

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RIPON MEDICAL CENTER
A MEMBER OF AGNESIAN HEALTHCARE



845 Parkside Street
Ripon, WI 54971