

# Partners Post

Partners of Marshfield Medical Center—Ladysmith

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## Greetings from the President

Hello Winter!!! It sure came in with a flurry of snowflakes this year. Someone just said that spring is only 34 days from Valentine's Day. Well, just keep counting and before you know it, it will be spring!

The Partners really did not have many fundraisers in 2022. With Covid 19 all around us, we were not allowed to have events in the hospital. The event in the park was not available as the choral group was not available either. But...we are ready to go this year. We have events already on the books and we are so excited to get going once again. We will be holding the Nutman Candy Sale on May 11 & 12; the Brat Sale at Ladysmith Fresh Market on June 16 & 17; and I am currently working on the Geneva Linen Sale. Be sure to watch for additional news regarding these events.

Our new hospital is coming together very nicely. We were honored to have a tour with Tammy Koger and Rebecca Phelke. The new facility is very spacious and beautiful...it is a building that our community will be proud of. If you have the opportunity to join one of the tours, please do so, you will be impressed.

Linda Denzer and I promoted the sale of bricks for the front of the new hospital. They have all been laid and will be available for viewing as soon as the snow melts! It was a fun event and something we could add to the beautification of the grounds.

The Partners are planning on having their Annual Meeting as an in-person event and will be

held in April, at the new hospital. The date has not yet been set/ reserved, but be sure to watch for further information.



Pauline Lundgren, Linda Denzer, Tammy Koger, and I will be representing the Partners and attending Advocacy Day on April 19, 2023. This event is held every year in Madison, Wisconsin. At this event, there is a panel of experts that will address questions regarding areas of concern in government and health care. There will also be group discussions with other members of WHA.

Remember I said spring is coming. I'm counting...counting...counting, Hopefully by the time our next newsletter comes out, all our snow shovels, winter boots, and our mittens will all be put away and replaced with lawn rakes and garden hoes! Stay happy and stay safe.

Beverly Lazar  
Phone: 715-492-6572  
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"Volunteers do not necessarily have the time, they just have big hearts."



## Upcoming Events

Date	Event
April 19, 2023	Advocacy Day
April, 2023	Annual Meeting
May 11 & 12, 2023	Nutman Candy Sale
June 16 & 17, 2023	Brat Sale (Ladysmith Fresh Market)
TBD	Geneva Linen Sale

Volunteer Partner Friends,

**“Spring is when you feel like whistling, even with a shoe full of slush.”** (Doug Larson)

As we count down the days until spring, it reminds me of how not that long ago, the opening of the new hospital seemed so far off. Yet, here we are, just a few weeks away. With a new hospital comes new volunteer opportunities! Volunteers will have a very important role in warmly welcoming visitors/patients and assisting with wayfinding. Please help us spread the word that we are looking for volunteers to add to our dedicated group. Volunteering can fit around a busy schedule. It can be a few hours a week or once or twice a month. Just a little bit of time can make a huge difference in the lives of others. Anyone looking for more information can reach me at 715-296-0084.

In Appreciation,

Tammy Koger, CAVS  
Volunteer Services Manager  
Rice Lake/Ladysmith/Park Falls



Spring always reminds me of happiness. Everything is new and fresh, so ready to thrive in the warm sunshine and rain. It's this time of year, during the winter months, that everyone has a tendency to become housebound, depressed, and they start taking too much time to think of bad times and events. Please take the time to go and see your neighbor, your friend, and/or your relatives that may be staying home too much. Just a friendly 1/2 hour visit can mean so much to someone that is housebound. Giving someone a smile and letting them know that you care, is the best thing you can do...and it's free!

—Beverly Lazar

*“The heart of a volunteer is not measured in size, but by the depths of commitment to make a difference in the lives of others.”*

## Know Your Numbers

The upper number in a blood pressure reading represents your **systolic** score, the pressure in your blood vessels just as your heart beats. The lower number is your **diastolic** measure, the pressure in our blood vessels between heart beats. Both are measured in millimeters of mercury (mmHg).

Normal:	Elevated:	Hypertension, Stage 1:	Hypertension, Stage 2:	Hypertensive Crisis:
<b>Systolic:</b> Less than 120 AND <b>Diastolic:</b> Less than 80	<b>Systolic:</b> 120—129 AND <b>Diastolic:</b> Less than 80	<b>Systolic:</b> 130—139 OR <b>Diastolic:</b> 80—89	<b>Systolic:</b> 140 or higher OR <b>Diastolic:</b> 90 or higher	<b>Systolic:</b> Higher than 180 OR <b>Diastolic:</b> Higher than 120

If your readings exceed 180/120 mmHg, wait five minutes, then test again. If your readings are still that high, contact your doctor immediately.

*A high blood pressure diagnosis must be confirmed by a medical professional. Source: American Heart Association.*

## “Partners” Offer Scholarships

The Partners of Marshfield Medical Center-Ladysmith are offering \$500 scholarships to seniors at local high schools who will be continuing their education at a college or technical school and are specializing in a medical field. Applications are available from the guidance counselors at all Rusk County area high schools. The recipients of last years scholarships were: Kaela Anderson (Bruce), Kenzie Scott & Emily Ellwanger (Flambeau), and Holly Rands, Weather Love, and Cora Gerber (Ladysmith).

— Paula Carow

*“Education is the most powerful weapon which you can use to change the world.”*

*— Nelson Mandela*

## New Ladysmith Medical Campus to Open in March

March is just around the corner and with it comes the opening of the new Marshfield Medical Center-Ladysmith facility. An open house took place February 13, along with community tours and has provided an early preview of the new hospital and medical offices to community members, local business leaders and city and county representatives.

“Our new medical center was designed and built to be efficient, safe, serene, and put patients and family first,” said Jeff Euclide, President, Marshfield Medical Center-Ladysmith and Marshfield Medical Center-Park Falls.

The new campus is located just up the road from the current facility at 1200 Port Arthur Road, Ladysmith. The emergency department, urgent care, and inpatient unit will open to patients on Saturday, March 11. All other outpatient services will open on Monday, March 13.

— Rebecca Pehlke  
Senior Communications Specialist  
Marshfield Medical Center-Ladysmith



## Love Light Tree a Success

The always popular Love Light Tree, whose lights honor our loved ones, stood brightly illuminated in front of our local hospital. Pauline Lundgren, a long time volunteer for the hospital, was selected to flip the switch and light the tree. The profit from this event/fundraiser was over \$1,500, and will be used to address the “wish list” needs of departments and staff in the hospital and clinic. In past years, specialized thermometers, a wheelchair scale, microscopes, and training items have been purchased by the Partners for use at the clinic and hospital.

— Paula Carow





**Partners of**  
**Marshfield Medical Center**  
**Ladysmith**

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 Ladysmith, WI 5448

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To update your information,  
 contact Beverly Lazar at  
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**Is it...Covid, the Flu or a Cold?**



It's likely COVID if ...	It's likely THE FLU if ...	It's likely A COLD if ...
<ul style="list-style-type: none"> <li>◆ Fever or chills*</li> <li>◆ Sore throat and cough</li> <li>◆ Shortness of breath</li> <li>◆ Fatigue</li> <li>◆ Muscle aches</li> <li>◆ Headache</li> <li>◆ Loss of taste or smell</li> <li>◆ Runny or stuffy nose</li> <li>◆ Nausea or vomiting</li> <li>◆ Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>◆ Feels as if you got hit by a truck suddenly</li> <li>◆ Fever and chills</li> <li>◆ Muscle aches</li> <li>◆ Sore throat and cough</li> <li>◆ Runny or stuffy nose</li> <li>◆ Headache</li> <li>◆ Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>◆ Comes on slowly over two to three days</li> <li>◆ Runny or stuffy nose</li> <li>◆ Sneezing</li> <li>◆ Sore throat and cough</li> <li>◆ Watery eyes</li> <li>◆ Fever (rarely)</li> <li>◆ Nasal mucus that starts clear but turns to white, yellow, or green after two to three days</li> </ul>

\*For adults over 65, a fever is considered one thermometer reading higher than 100 degrees Fahrenheit, multiple thermometer readings above 99 degrees or a rise in temperature greater than 2 degrees above normal body temperature.

Source: AARP Magazine