



## *Northwestern District*

### *Winter 2019-2020 Newsletter*

#### **Message from the Northwestern District Chair**

**Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls**

Happy New Year! May life throughout the 2020s be good for our Partners groups and for each of our members! We can all take heart in knowing that the first day of winter marks not only the beginning of the coldest of the four seasons, but also the fact that it is the beginning of the slow addition of more minutes of daylight that will continue for the next six months! Eventually, we won't wake up and go to bed in darkness!

The arrival of 2020 means that the 2019 President, CHE, and PPE reports are due to me at 1360 Boettcher Rd. Park Falls, WI 54552 or [gbosse@live.com](mailto:gbosse@live.com) postmarked by January 31<sup>st</sup>. I will use them to create the 2019 Northwestern District Chair and PPE reports and send the CHE reports on to Beth Burnham. Keep in mind that having your reports in by the deadline is worth 10 Honor Points, which is ¼ of the points needed! At the Northwestern District Meeting in Fifield on October 22<sup>nd</sup>, I gave each president a copy of the revised report forms to replace the old ones in your presidents' 3-ring binders. If you haven't passed on copies of the CHE and PPE reports to your group's CHE and PPE, please do. If you are missing any of the reports, simply go to [www.partnersofwha.org](http://www.partnersofwha.org) and click FORMS to find the local report forms.

#### **Mark your calendars:**

On Wednesday, March 18<sup>th</sup>, the Wisconsin Hospital Association will have its annual Advocacy Day at the Monona Terrace and the state Capitol, in Madison. It is a day packed with learning about the legislative issues and legislation important to the hospitals we serve, chatting with old Partners friends and making new ones, and, most importantly, going to the Capitol to talk with our legislators or their staff. Face-to-face meetings are the most effective way to influence our legislators, so let's do it!

On Wednesday, April 15<sup>th</sup>, Partners of Memorial Medical Center in Ashland will host the 2020 Spring Tour Northwestern District Meeting. Invitations will be sent in late February or early March with the details. Ours is the last Spring Tour "stop" for Partners' President Jan Molaska, President-Elect Peg Larson, CHE Chair Sherry Jelic, and PPE Chair Bill McCullough. Plan to bring a group of members to enjoy a day of learning, camaraderie with old and new friends, and good food. (It's also Tax Day, so before you head to the meeting, be sure you've submitted your personal income tax forms or asked for an extension! ☺)

#### **Message from the Northwestern District CHE Chair**

**Beth Burnham – Partners of Spooner Health, Spooner**

Hi everyone,

As we enter into the depths of winter, it is important to be aware of how our mood is affected by the longer days and lack of exposure to sunny days. It has been proven that these factors can promote depression but we can change how we react to it. Making an effort to find places to go to exercise, keeping in touch with friends and not be isolated are a few things to guard against feelings of sadness. One particular response to winter is Seasonal Affective Disorder, which is caused by a lack of exposure to light. The treatment is called light box therapy, where the person is exposed to a light box in the morning hours, and this can reset a person's disordered circadian rhythms. This therapy has also been used in treating bipolar depression and depression not responding to other treatments. All of us at some point in the winter months get a little cabin fever, but if we can try to maintain an active lifestyle including a healthy diet, then perhaps Old Man Winter won't win out. Have a great start to 2020 and see you later. Beth Burnham, Northwestern District Community Health Education Chair

## **Message from the Northwestern District PPE Chair**

### **Ginny Bosse – Flambeau Hospital Auxiliary, Park Falls**

SB380, the new Wisconsin law requiring Medicaid to pay for telehealth visits was signed into law by Governor Evers in late November. Medicare has been doing so for many years. It is definitely a boon to patients in rural areas, who would otherwise have to travel long distances to meet with their health care professional face-to-face. Medicaid patients often do not have a way or the means to travel to the health care professional's location. In addition, since there is reimbursement for providers at both ends, our local health care providers do not lose out completely on the financial side when they refer their patients to specialists.

The numbers of mental health care providers and in-patient facilities in Wisconsin are woefully inadequate, a situation made much worse by the opioid abuse crisis. Though not ideal, telehealth visits with mental health specialists are a lot better than no visits.

It is my opinion that Medicare for All should be carefully and thoughtfully instituted in the U.S. I saw a video once of the Prime Minister of Denmark being interviewed about Denmark's move to universal healthcare. A referendum vote was taken nationwide because of the nearly 50-50 split in citizens' views. After the referendum in which the yes votes won by less than 1%, it didn't take long after it was implemented for the huge majority of citizens to think that Denmark "should have done it a long time ago". There is worry that hospitals will not survive if only receiving reimbursements at government levels. Instituting Medicare for All would save money through having a single payer, streamlining billing. If the government is allowed to negotiate prescription drug costs, there would be less price gouging. Yes, the drug companies put a lot of money into research, but often drug companies receive government grants. The sheer volume of purchases would be another cost savings. We have the highest medical costs per person in the world, but rank woefully low in health outcomes. As a nation, we must do better!

### **One More Reminder: Local Year-End Reports**

#### **Year-End reports are due on or before January 31<sup>st</sup>.**

I recently emailed forms to the individuals who need to submit them, if I had their email. You can also download them from [partnersofwha.org](http://partnersofwha.org), or you can call me at 715-762-3193, and I will mail them to you!

**One copy of the Local President's report (Note that there are two sides/pages!), Local PPE report (Also two sides/pages!), and Local CHE report must be sent to me:**

Ginny Bosse  
1360 Boettcher Rd.  
Park Falls, WI 54552  
[gbosse@live.com](mailto:gbosse@live.com)

**I will use them to do the District Chair's and PPE Chair's Reports, and make copies to send to NW District CHE Chair Beth Burnham, so she can do her reports. I will also update the district roster and send it out. I actually prefer paper copies, because in previous years some of the information did not print from the electronic copy, even though I could see it on the computer screen.**

***If you have any questions, please call me at 715-762-3193!***

***Thanks!***

