



Western District hosts the  
2022 Partners of WHA Convention  
October 11-13, 2022

*Volunteers -  
Helping Hands, Touching Hearts*

Dear Volunteers,

We are excited to invite you to our in-person convention at the Chula Vista Resort, October 11 – 13, 2022 in Wisconsin Dells! Our committee has put together an inspiring and informative program to help you in all aspects of your life. We will kick off with Neil Ihde's keynote "*Personalities and Building Relationships.*" On Tuesday night, we will celebrate great projects that our members have accomplished through the last three years. On Wednesday, we will hear from hospital leaders about the issues we face, recognize an exceptional administrator who has been nominated by the volunteers in their organization, and elect new leaders for Partners of WHA. On Tuesday and Wednesday afternoons, you will have the opportunity to learn in smaller groups from inspirational speakers on many topics. On Thursday morning, Heather Whittaker will present "*Just PAWS, 4 Principles for a Fulfilling Life.*"

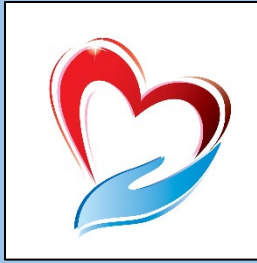
In addition to the presentations, we will have an opportunity to see displays about the activities of each attending organization, to discover vendors who can help with our fundraising and gift shop merchandise, purchase fabulous items in the silent auction, and maybe even win a great prize in the raffle.

We look forward to seeing you in October!

Peg Larson, President  
Partners of WHA







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**Location**

Chula Vista Resort  
1000 Chula Vista Parkway  
Wisconsin Dells, WI 53965  
Phone (844) 307-2466

Waterpark admissions are included.

If you wish to include a golf package for yourself and/or spouse,  
please contact Chula Vista directly.

**Room Rates**

Single \$99 per night

Double \$99 per night

Please refer to Partners of WHA G66440 when making your room reservations.

All rooms must be reserved by Thursday, 9/8/2022. Rooms will be released on Friday, 9/9/2022. Check-in will **not** be available before opening of the convention. Please leave your luggage in your vehicle until you check in and receive your key.

**Registration**

Full Conference Registration – Member	\$150.00
Full Conference Registration – Non-member	\$175.00
One Day Only – Member	\$95.00
One Day Only – Non-member	\$105.00

**Meals included with Full Registration**

- Tuesday Dinner
- Wednesday Breakfast, Lunch and Dinner
- Thursday Breakfast

Tuesday's lunch is NOT included with your convention registration. Please eat lunch prior to the start of the convention. Chula Vista Resort has ample space in their dining room for a pay-as-you-go lunch on Tuesday.

**Meals included with One Day Registration**

Wednesday lunch and dinner

Guest meals may be purchased for \$35.00 each. (Please see registration form.) To help us plan seating, please check the appropriate boxes on the registration form for each meal you plan to eat.

Please make checks payable to PARTNERS OF WHA and mail with completed registration form no later than September 1, 2022 to:

Partners of WHA Convention Registration  
Joan Weissenberger  
4210 Frank Court  
La Crosse, WI 54601

Questions? Email: [jusioan1@gmail.com](mailto:jusioan1@gmail.com)

Voting Delegates – Please indicate your two voting delegates on the Registration Form.

No refunds will be given. However, registration may be transferred to another person.

Please notify Joan Weissenberger of any changes.

*Featured Speakers*

**KEYNOTE SPEAKER**

**Neil Ihde** is a trainer, lecturer, consultant, and founder of Life IQ where he motivates groups and individuals to work, play and live intelligently.

**CLOSING SPEAKER**

**Heather Whittaker** is a motivational speaker and award-winning author who engages, entertains, and motivates audiences to live the life they were meant to live.

# Schedule

## Tues, October 11

9:30 a.m. – 1:00 p.m.	Registration and set up
1:00 p.m. – 1:30 p.m.	Welcome & Introduction
1:30 p.m. – 2:30 p.m.	Neil Ihde Keynote Speaker
2:45 p.m. – 3:45 p.m.	Workshops 1-4
3:45 p.m. – 6:00 p.m.	Visit Vendors and Hospital Displays
5:00 p.m. – 6:00 p.m.	Cash Bar Dinner W.A.V.E. Award

## Wed, October 12

	Support our theme by wearing <b>RED</b> on Wednesday.
7:00 a.m. – 9:00 a.m.	Breakfast
7:30 a.m. – 8:30 a.m.	Special Interest Meetings
9:00 a.m. – 10:15 a.m.	General Business Meeting
10:30 a.m. – 11:45 a.m.	CEO Panel
12 p.m. – 2:30 p.m.	Best of the Best Honor Points Presentation
2:45 p.m. – 3:45 p.m.	Workshops 5-8
4:00 p.m. – 5:00 p.m.	Workshops 9-12
5:00 p.m. – 7:30 p.m.	Cash Bar Dinner

## Thurs, October 13

7:00 a.m. – 8:15 a.m.	Breakfast
8:15 a.m. – 9:00 a.m.	Resume business meeting if necessary
9:00 a.m. – 10:30 a.m.	Heather Whittaker Closing Speaker
10:30 a.m. – 11:30 a.m.	Wrap Up Invitation for 2023 Convention Raffle Drawings

# General Information

**Silent Auction.** Each Partners organization has been asked to contribute a Silent Auction item with a minimum value \$40. Please bring in your silent auction item when you register. NO perishable items, please.

**Hospital displays.** A designated space is reserved for each hospital display highlighting your organization's activities. Set up is Tuesday from 9 am to 5 pm. Takedown is Wednesday after 5 pm. DO NOT leave anything of value with your display as we are unable to provide a secure area. Please DO NOT bring "give aways" – we are often more interested in what's on the table than spending time looking at your display.

**Door Prize Raffle.** The Raffle Committee has gathered a list of wonderful prizes! Each organization should return their ticket money (or unsold tickets) at the time of registration. Additional raffle tickets will be available to purchase during convention. Please do not send sold or unsold tickets via U.S. Mail. You need not be present to win.

**50/50 Raffle.** The 50/50 Raffle Committee will sell tickets during dinner on both Tuesday and Wednesday and during lunch. You MUST be present to win.

**Wear RED!** To show support for our theme *"Helping Hands, Touching Hearts,"* please wear red during the day on Wednesday.

*CDC guidelines will be followed. Masking is optional.*

# Workshops for our Helping Hands

Please indicate your preferred workshop by using the corresponding number.

Tuesday, October 11, 2:45 p.m. – 3:45 p.m.

## **1. MEDICATION USE AND YOU ~**

As medications become more complex, expensive, and impactful, it is vitally important for consumers and caregivers to know what questions to ask and when to ask them. During this session, learn some pragmatic tools and information to assist you with getting the most from your healthcare provider(s) and the medications/interventions they prescribe.

*Presenter: Scott Larson, pharmacist Gundersen-St. Joseph's Hospital and Clinic, Hillsboro*

## **2. JOY SPREADERS ~**

We all should look to spread joy but there is a special breed of people whose very essence is to radiate joy. These special people breathe life into others, delight in the presence of customers and amplify the potential of their team. And beyond providing arm fuzzies, these individuals have a profound impact on organizational cultures.

*Presented: Neil Ihde, Life IQ*

## **3. LIVE HEALTHY, STAY YOUNG AT HEART ~**

Although cardiovascular disease remains the number one cause of death and disability in the United States, there are a number of things you can do to keep your heart healthy and reduce your risk of heart disease.

*Presenter: Nicole Faust, Cardiac Pulmonary Rehab Coordinator – SSM Health St. Clare Hospital-Baraboo and Thorne Wittstruck, Clinical Exercise Physiologist – SSM Health-Wisconsin Dells*

## **4. HOW PFAS AFFECT YOUR HEALTH ~**

Per- and polyfluoroalkyl substances (PFAS) are man-made chemicals that don't occur naturally in the environment. There are thousands of different PFAS compounds manufactured and used in a variety of industries around the globe. Learn about the toxicity and health risks of some of these compounds.

*Presenter: Dr. Beth Neary, Wisconsin Environmental Health Network*

Wednesday, October 12, 2:45 p.m. – 3:45 p.m.

## **5. TAKING CARE OF YOUR PELVIC HEALTH ~**

The muscles that live in the pelvis are not flat or static. They move and respond dynamically for a variety of situations. These muscles have many functions when working properly. Learn how you can keep your pelvic muscles in tip top shape.

*Presenter: Maggie Huebner, Physical Therapist, SSM Health-Wisconsin Dells & Malerie James, Dr. of Physical Therapy, SSM Health St. Clare Hospital-Baraboo*

## **6. THE BONUS YEARS – BALANCING THE JOYS AND CHALLENGES OF AGING ~**

We are now living about 20 years longer without a predetermined script limiting our choices about how we spend our time and energy. There is joy in that extra freedom and time. Horrible and uncorrected stereotypes about aging leave many fearful of those years. This presentation will discuss the joys and realities of aging and encourage you to maximize the joys of the bonus years!

*Presenter: Helen Dicks, Associate State Director State Advocacy AARP*

## **7. HOW YOU AND YOUR HOSPITAL CAN PLAY A ROLE IN THE FINANCIAL HEALTH OF NEW BABIES ~**

Grandparent-owned 529 accounts and saving for higher education as a family can help students reach their savings goals more successfully. Learn how hospitals can play a critical role in helping parents plan for not only the physical health of a new baby, but their financial health too.

*Presenter: Jessica Wetzel, Wisconsin Department of Financial Institutions*

## **8. THE HISTORY OF WISCONSIN DELLS ~**

Learn the history of The Dells through the eyes and writings of photographer Henry Bennett. View many of his images in the hallways and room interiors of Chula Vista.

*Presenter: David Rambow, Site Director of H.H. Bennett Studio & Museum*

Wednesday, October 12, 4:00 p.m. – 5:00 p.m.

## **9. THE DANGERS OF VAPING ~**

Vaping's popularity has by far eclipsed that of smoking cigarettes among today's adolescents. Be educated about vaping and its potential for harm.

*Presenter: Dr. Ashgar Marwat, Prairie Ridge Health-Columbus*

#### **10. JOINT PAIN AND WHAT YOU CAN DO ABOUT IT ~**

Joints are important parts of the body that help your limbs move. Learn about the causes, symptoms and treatment options for joint pain.

*Presenter: Dr. Aaron Carpiaux, M.D., Orthopedic Surgeon and Brandon Barber, Physical Therapist – SSM Health St. Clare Hospital-Baraboo*

#### **11. END OF LIFE HARD QUESTIONS ~**

PLEASE NOTE THIS WORKSHOP SESSION WILL RUN UNTIL 5:30 P.M.

Join Dr. Molaska in playing the game, "Hello" to help you have those conversations with your loved ones about living and dying well. This game will get you talking about end-of-life issues in a way that's easy and non-threatening.

*Presenter: Wendy Molaska, MD, FAAFP-Fitchburg*

#### **12. THE PANDEMIC AND ITS EFFECT ON BEHAVIORAL & MENTAL HEALTH ~**

The COVID pandemic pulled the veil back on society and the world to reveal the deep and wide-spread need for "mental-health hygiene and relational resilience." Cultivating these in our lives can enhance our capacities to not only survive by thrive during these difficult and challenging times.

*Presenter: Connor Tiggerus, Psychotherapist at Therapy Without Walls-Reedsburg*



Partners of WHA Convention Registration  
c/o Joan Weissenberger  
4210 Frank Court  
La Crosse, WI 54601-8006