

# *THE POWER OF UNITY*



*PARTNERS OF WHA*  
*Conference & Annual Meeting*  
*October 7 & 8, 2025*

Hello Partners,

It's my pleasure to personally invite each of you to our 2025 Partners Conference, "The Power of Unity,"

October 7-8 at the Stoney Creek Inn, La Crosse-Onalaska.

Our Convention Planning Committee: Sherry Jelic; Jan Molaska (Chair); Linda Arentz; Linda Gillette; Peg Larson; Ann Bergmann; Cindy Hermel; Leigh Ann Larson; Terri Donlin; and Mary Lou Bausch have met monthly to fine tune the logistics of a two-day versus our customary three-day event. Arranging for the educational workshops, speakers, hotel meeting rooms and accommodations, meals, registration, raffles and awards, silent auction, and vendors is a time-consuming affair. Thanks to the efforts of this great team, we are prepared to offer you another wonderful educational event where you will be able to network with fellow Partners from across the state.

Please join me in enjoying two days of learning, collaborating, and simply enjoying each other's company as healthcare volunteers.

See you in October between the bluffs.

Julie Steiner

President, Partners of WHA



## **TUESDAY OCTOBER 7, 2025**

**10:00 AM** Registration, Turn in Raffle Tickets, Set Up Displays and Silent Auction Items

**12 Noon** Lunch 

**12:45** Speaker Lisa David Olson – Business Humorist

**1:45 – 2:00** Break

**2:00 – 3:00** Workshop Session 1

- A. Healthy Living with Diabetes (#1)
- B. Stop the Bleed (#2)
- C. Caring for the Caregiver (#4)

**3:15 – 4:15** Workshop Session 2

- A. Estate Planning (#5)
- B. Stop the Bleed (#2)
- C. Brain Health (#6)

**4:15 – 5:15** Round Table Discussions

- Please submit topics on the registration form

**5:15 – 6:15** Social Hour

- Visit Silent Auction & Hospital Displays

**6:15** Dinner 

- 50/50 Raffle
- WAVE Awards
- Honor Points

## **WEDNESDAY OCTOBER 8, 2025**

**7:30 - 8:30** Breakfast and Special Interest Groups

- PPE (Bill McCullough)
- CHE (Donna Nelson)
- Local Leaders (Cindy Hermel)
- Treasurers (Peg Larson)

**9:00 - 10:00** Business Meeting of Partners of WHA

**10:00 – 10:20** Break

**10:30 - 11:45** CEO Panel

**11:45** Lunch & Speaker 

**12:00** Speaker Kari Hofer, Vice President, External Affairs, Wisconsin Hospital Association

**1:00 – 1:45** Break to Visit Vendors, Displays, Silent Auction

**1:45 - 2:45** Workshop Session 3

- A. Gentle Nutrition - Bistro Bus (#7)
- B. Hospital Gift Shops: Big and Small (#8)
- C. Stop the Bleed (#2)

**3:00 - 4:00** Workshop Session 4

- A. Gentle Nutrition - Bistro Bus (#7)
- B. Form a Women's Support Group (#3)
- C. Falls: What We Know and How to Prevent Them (#9)

**4:00 - 4:15** Wrap-up – Invite to 2026 Conference

- Raffle Drawings
- 2026 Registration Drawing
- Gift Card Drawing – Must be present to win!

## Workshop Descriptions

### **1. Topic: Healthy Living with Diabetes - Tuesday 2:00**

Healthy living knowledge and skills will empower you to manage your condition effectively and improve your overall well-being. Education, support, and resources will be provided to help you adopt healthy lifestyle habits, including healthy eating, physical activity, and stress management.

Presenter: Shayna Schertz, MS  
Wellness Education Specialist, Emplify Health by Gundersen

### **2. Topic: Stop the Bleed - Tuesday 2:00 or 3:15, Wednesday 1:45 (Limit of 10 attendees per session. Please indicate a second choice.)**

Would you be able to help someone losing blood in a bleeding emergency? With the proper training, you could be prepared to save their life. Someone severely bleeding can die from blood loss in less than five minutes. That's less time than it takes the best-trained emergency responders to arrive at the scene. During a free one-hour course, you will develop the necessary skills to control bleeding through three main techniques including applying pressure, wound packing and tourniquet use. Previous medical training is not required to attend.

Presenter: Kelly Hilsabeck, BS, RN  
Trauma Injury Prevention Coordinator, Trauma Program – La Crosse, Emplify Health by Gundersen

### **3. Topic: Form a Women's Support Group - Wednesday 3:00**

The Vernon Health Women's Support Group was formed to enhance a sense of belonging and encourage meaningful social connections for women 50+. Learn how this no/low-cost intervention can improve mental health and how you can form a group in your community.

Presenter: Carol Wesley, MS  
Licensed Professional Counselor, Vernon Health, Viroqua

### **4. Topic: Top 10 Self-Care Strategies for the Caregiver - Tuesday 2:00**

Each year, more than 53 million people across the nation provide essential care that supports the health, independence, and quality of life of a loved one - care that would cost an estimated \$470 billion annually to replace with paid services. While caregiving is vital, it can feel like a full-time job, often causing caregivers to neglect their own needs. This session offers 10 practical self-care strategies to help caregivers prioritize their own well-being while continuing to support others.

Presenter: Kristine Meyer  
Caregiver Support Specialist at the Aging and Disability Resource Center (ADRC) of La Crosse County

### **5. Topic: Trusts, Wills, Probate. All You Should Know and More! - Tuesday 3:15**

Presenter: Katelynn Doyle  
Attorney specializing in estate planning, real estate and estate/trust administration.

### **6. Topic: Empowered Mind: Elevate Your Brain Health - Tuesday 3:15**

Did you know science is able to provide insights into how to make lifestyle choices that may help you keep your brain healthy as you age? Dementia is not a normal part of aging. We will talk about risk factors and prevention by learning a little about nutrition, exercise, cognitive activity and social engagement, including tips for incorporating into your daily life! An informed brain is an empowered mind!

Presenter: Becky Kamrowski and Kelsey Flock  
Dementia Care Specialists at the Aging and Disability Resource Center (ADRC) of La Crosse County.

### **7. Topic: Gentle Nutrition – The Bistro Bus - Wednesday 1:45 or 3:00**

Join us for an engaging presentation on gentle nutrition, where we'll explore building a healthy and balanced relationship with food. The presentation will also include a live cooking demo featuring the "Bistro Bus."

Presenter: Anna Killips,  
Clinical Dietitian and Diabetes Educator, Vernon Health, Viroqua

### **8. Topic: Hospital Gift Shops: Big and Small - Wednesday 1:45**

Listen and learn from gift shop managers and volunteer gift shop buyers from around the state.

### **9. Topic: Falls: What We Know and How to Prevent Them - Wednesday 3:00**

According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 older adults (ages 65+) have a fall each year. Falls cause about 3 million emergency department visits and about 1 million hospitalizations for older adults annually. Additionally, Wisconsin ranks #1 in deadly falls. You probably know someone who has fallen or maybe you have had a fall yourself. The good news is falls are not an inevitable part of aging and can be prevented! In this workshop, we will discuss how to assess your risk for falls, what research shows can prevent them, and easy action steps you can take today to learn more and lower your falls risk.

Presenter: Megan Anderson, BS, CHES  
Trauma and Injury Prevention Coordinator at Emplify Health by Gundersen

### **There is a new opportunity for your gift shop this year!**

You are invited to bring items to set up a traveling gift shop!  
Contact Ann Bergmann (abergmann@centurytel.net) for more information.

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### **Hotel Reservations:**

Stoney Creek Hotel  
3060 S Kinney Coulee Rd.  
Onalaska, WI 54650  
Room Rates: \$129.00 + tax per night (2 queen size beds)

Block of rooms for Partners of WHA will be held until:

### **Monday, September 8, 2025**

- Please make reservations prior to 9/8/2025.
- Group block code: WHA2025

### **Individual Call In:**

Guest room reservations can be made directly with Stoney Creek by calling:

- **608-781-3060, extension 2 for guest services**

### **Online Reservations:**

Go to:

<https://res.windsurfercrs.com/ibe/index.aspx?propertyID=17263>

1. Select Reservation Dates for the Group Block.
2. Under Have a Promo and Group Code, Click on Enter it now
3. Enter the correlating block code: **WHA2025**