

*PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.*

## A Message from the Partners of WHA President

### Bylaws Need Redoing

*As most of you know by now, I am fighting a battle with breast cancer and that is why I have not made the meetings, as I am in chemo. But I have received so many, many cards and well wishes from all of you that I just want to say a HUGE thank you. Your encouragement gives me strength to keep up the fight, and I want to thank you deeply for that. I have one more treatment, then surgery, followed by 5 -6 weeks of radiation. It is a long battle, but with your thoughts and prayers, "I will win!"*



Mary Licht

As my mom used to say: **"Spring is sprung, the grass is riz, I wonder where the birdies iz?"**

It is spring. Soon the weather will be fresh and warm and the flowers will bud and bloom. What a great time of year. It also means our traveling team has been on the road visiting each of your spring district meetings. Updating you on the latest news, our state PPE explaining plans for helping our hospitals get the legislation they need passed, and our state CHE explaining the Community Health project for this year.

There is a lot going on this year. The Bylaws Committee met with the Strategic Planning Committee and the district chairs to work on revising our bylaws. This is a major project but I think it really needs to be done. Over the years we have made many changes to our bylaws and not always included other contradicting bylaws in those changes, or some of them are just out of date and no longer relevant. Then there are the Policies and Procedures that also need changes because they support and detail the bylaws. We will try to open them up to the changing face of Partners, to include the current evolution with the new corporate owners while maintaining and upgrading our position with those hospitals that may never be part of a corporation. We will try to keep them open to where our future is going.

How can we update to meet our hospital's needs? That is where you come in! I am asking each one of you to keep your eyes open for new opportunities in your hospital for us to help,

*(Continued on page 2)*

## A Message from the President-Elect

### Welcome Spring and Changes

Spring means longer days, daffodils, tulips, bunnies (which of course are munching on my tulips), and robins nesting in the trees. I can hear the joyful sounds of neighborhood children laughing and riding their bikes. Good-bye winter, hello spring.



Jan Molaska

Spring is a time for regrowth, renewal, and recommitment. It's a time for each of us to look inward and make a new commitment to do our best every day to bring comfort, consolation, and hope to everyone we encounter in our daily lives. With a kind word, comforting touch, or just someone to listen, you, the volunteers, make a positive impact on every patient you have contact with.

I'm very new to this president-elect position but have made the commitment to represent Partners of WHA to the best of my ability. Part of my duties include working with district chairs and looking at the bylaws for our organization. In March, I met with the district chairs and multiple questions and concerns were raised. Questions were asked as to what forms need to be sent to whom and the fact that there is little mentoring when new officers are installed. Both of these items had been previously discussed at the Strategic Planning Committee meeting. At that time, goals and action steps were created and the Board members will be addressing and clarifying these topics.

Another project for the coming year is to review the Partners of WHA bylaws and revise/amend them as necessary. Any changes to the bylaws will need

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or maybe branch out into our communities to assist in hospital outreach programs. If they don't want us to do fundraising for them any longer, what about donating to the local food pantry or increasing scholarships. Each community is different and unique—look around you and observe. Then ask yourself, “what else can we do to help our hospitals and communities?” After you discover what can be open for us, report back to your fellow partners and share the knowledge; spread the word to other partners in other hospitals. Then, we can grow and evolve to meet the needs of our hospitals and communities.

I look forward to hearing your thoughts and ideas.

*Mary Licht*  
729 Morningstar Dr. Unit 1, Portage, WI 53901  
608-566-1291 (H); 608-566-5144 (C)  
Email: marylicht2608@yahoo.com

***A Message from the President-elect...  
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to be voted on by the general membership at the convention in October. Speaking of convention - MARK YOUR CALENDAR:

**“BUILDING THE FUTURE”**

**October 3-5, 2017**

**Hyatt on Main, Green Bay**

The Convention Committee has been working diligently to arrange informative speakers and provide educational workshops. The convention provides great opportunities for networking and meeting new “friends.”

Spring tour was a very educational and inspiring experience. To see and hear all that is being done in the different hospitals is very exciting and demonstrates what can be accomplished with commitment and willing workers.

I'm excited to be on this journey and look forward to working with each of you. I welcome any comments and concerns you might have. Please feel free to contact me at any time. Enjoy the spring. Take some time to relax, enjoy your families, and recognize all the blessings in your lives.

*Jan Molaska*  
715-359-9303 (H); 715-581-9304 (C)  
Email: jmolaska@gmail.com

## Strategic Planning Sets Their Goals

The Strategic Planning Committee met in Madison March 4 and 5 to review our 2015 - 2016 goals and decide which ones would be continued. We also discussed and decided what new goals we would have for 2017-2018.

We will continue with our teleconference calls, as they were very well received. We have also started naming mentors to our new board members. A list of potential leaders was created and now we will be sending out a letter to them, asking them to identify their skills.

I'm very proud of the 2015-2016 Strategic Planning Committee. It was because of their hard work that we were able to be successful in our goals. Thanks to all of you!!!

### Strategic Planning Goals for 2017-2018

- **Address the Changing Face of Volunteers**
- **Continuous Improvement of Communication within all Levels of the Partners of WHA Organization**
- **Strengthen Partners of WHA/WADVS Relationship/Collaboration**
- **Increase Advocacy Activity**

Looking forward to working with our new committee!

Many, many thanks to Jennifer Frank for all the help she gives us!!!!

*Dorothy Revnew, Strategic Planning Chair*  
522 Lac La Belle Drive, Oconomowoc, WI 53066  
262-569-2763; Email: drevnew@wi.rr.com



**West Central Spring Tour**

*Back row. Sherry Jelic, Barb Filla, Bonnie Olson, John Tully, Jaci Fuller.  
Front row. Jan Molaska, JoAnn Kunitz*

## 2016 Year End Report — Partners of WHA

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Number of Members in State Organization .....	9,596
Total Hours Reported .....	1,388,862
Total Fund Raising Projects .....	531
Total Money Given From Fundraising.....	\$2,136,447
Number of Scholarships Awarded.....	450
Total Money Given in Scholarships .....	\$450,748
Number of Contacts with Legislators .....	1,532
Number of PPE Newsletter Articles.....	164
Number of Health Education Projects .....	406
Number of Health Education News Articles .....	274
Members who serve on Hospital Public Policy Committees:	
YES 10                      NO 53	

### District Membership

Lakes .....	1,574
North Central.....	1,423
North Western .....	995
Southeastern.....	1,247
Southern.....	2428
West Central .....	954
Western .....	975



## Partners Building a Better Future

**Oct. 3 - 5, 2017**

**Hyatt on Main, Green Bay, WI**

I would like to invite everyone to this year's convention in Green Bay. We have lined up a great crew of speakers for you. We start with Chris Freytag, a fitness and motivational speaker, who will help us build a good foundation. Our closing speaker is Rep. John Nygren who will talk to us about opioid abuse. We have workshops planned on politics, opioid abuse, gift shops, the Green Bay Packers who are celebrating their centennial this year, and other interesting workshops. So polish up your hardhats, pack your good work clothes and plan to be there in October.

*John Tully, Convention Chair*  
Email: [balduck@citizens-tel.net](mailto:balduck@citizens-tel.net)

## Best of the Best Applications Due by June 9

The Best of the Best Administrative Award honors on-site administrators, chief executive officers, 1st vice-presidents, and chief financial officers of Wisconsin hospitals and medical centers. Nominations will be accepted until June 9. The nominee should be one who typically demonstrates a cooperative, supportive, enthusiastic, and well-defined relationship with his/her Partners of WHA volunteer organization.

Nomination forms were mailed to all Partners of WHA presidents in March, and were available at the spring meetings. If you did not receive a copy, an electronic copy can be accessed at [www.partnersofwha.org](http://www.partnersofwha.org). Please refer to the application form for complete criteria and eligibility requirements.

The Best of the Best Committee will evaluate each nomination and make a decision based upon the information provided in the application. Even if you have submitted an application in the past and your nominee was not chosen for the Award, we encourage you to resubmit this year. Organizations submitting a nomination will receive two (2) honor points toward their 2017 Honor Points Award.

*Jackie Halverson, Chair*  
705 Emerson Ave., Ripon, WI 54971  
920-748-3968; Email: [jackiehalverson009@gmail.com](mailto:jackiehalverson009@gmail.com)



## Hospital Auxiliary Thrift Shop Recognized by AHA for Volunteer Excellence



*Left to Right: Joan Holdmann, Diana Sell, Sandy Anderson, Laurie Oungst, Diane Schessow, Marie Maciag, Andrea Mathews, Ginger Gullen, Sally Gibbs, and Kristi Hehn*

*L to R: Kathy Viergutz, Sandy Anderson, Joan Holdmann, and Laurie Oungst*

The Auxiliary Partners of Ministry Eagle River Memorial Hospital Thrift Store was selected by the American Hospital Association as a finalist in the 33rd annual Hospital Award for Volunteer Excellence (HAVE) program. This program was established by the AHA board of trustees to showcase outstanding volunteer programs throughout the country.

The Thrift Store has operated for over 50 years. It collects gently used items and sells them to the community at 203 South Main Street in Eagle River, WI. It also has an arrangement to honor vouchers issued by local churches and not-for-profits to assist community members who are struggling financially. The proceeds from sales (usually around \$50,000 annually) benefit the hospital. Funds have helped the hospital to purchase an ambulance, 2 Lifepac 15 V4 defibrillator monitors, outpatient surgery equipment, and a digital mammography unit. The shop is run entirely by about 38 volunteers. It is open Monday through Saturday from 10:00 am until 3:00 pm. The Thrift Store received a certificate from the AHA which will be proudly displayed on a wall at the store. Congratulations volunteers for all of your hard work!

## Financial Health of Organizations

The world of volunteering comes with a variety of financial configurations. Some local organizations are incorporated as separate entities and some operate as an arm of their local institution. When asking for donations or purchasing supplies for projects, it is important to know what your situation is. There is a section of the Internal Revenue Service tax code that establishes categories of organizations. You may be considered a Charitable Organization under section 501(c)3 or an Educational Organization (like Partners) under section 501(c)4. Donations to a 501(c)3 are deductible for individuals; donations to a 501(c)4 are not. To retain the classification of your organization, you must be aware what activities are allowed and required. The most common items are related to political advocacy. You may certainly notify your membership requesting that they contact legislators and local representatives regarding laws and potential laws that affect your health care. You should not advocate for a particular candidate. If your organization is under its own corporation, there are reports that likely must be filed with the state and IRS.

In addition, regardless of which section you are organized under, you may be able to request Tax Exempt status from the state. This status allows your organization to make purchases without paying the state sales tax. If approved, you will be issued a Tax Exempt number, which will be prefaced with ES to be used when purchasing items for your tax exempt purpose. The Tax Exempt number can only be used for purchases for that entity; therefore, the Partners of WHA number would be used for purchases for convention or other state business, but the Local Organization number would be used for purchases for your local health fair or other activity. If you are selling items through a gift shop or other venture, you may or may not be responsible for collecting and remitting sales tax to the state, as that activity is an Unrelated Business Activity.

Please remember that any questions about your individual situation should be addressed with a certified tax advisor both for your organization and for the individual volunteers. Thank you for your commitment to the health of our communities.

*Peg Larson, Partners of WHA Treasurer*

## Zinc for Colds or Not?

Will taking zinc for colds make my colds go away faster?

There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds.

Recently, an analysis of several studies showed that zinc lozenges or syrup reduced the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold.

Studies also showed that taking zinc regularly might reduce the number of colds each year. Most colds are caused by a type of virus called rhinovirus, which thrives and multiplies in the nasal passages and throat (upper respiratory system). Zinc may work by preventing the rhinovirus from multiplying. It may also stop the rhinovirus from lodging in the mucous membranes of the throat and nose.

Zinc may be more effective when taken in lozenge or syrup form, which allows the substance to stay in the throat and come in contact with the rhinovirus.

But the recent analysis stopped short of recommending zinc. None of the studies analyzed had enough participants to meet a high standard of proof. Also, the studies used different zinc dosages and preparations (lozenges or syrup) for different lengths of time. As a result, it's not clear what the effective dose and treatment schedule would be.

Zinc, especially in lozenge form, also has side effects, including nausea or a bad taste in the mouth. Many people who used zinc nasal sprays suffered permanent loss of smell. For this reason, Mayo Clinic doctors caution against using such sprays.

In addition, large amounts of zinc are toxic and can cause copper deficiency, anemia, and damage to the nervous system.

For now, the safest course is to talk to your doctor before considering the use of zinc to prevent or reduce the length of colds.

*Daniel Roberts, M.D.  
Mayo Clinic Health*

## All I Really Need to Know I Learned from a Volunteer

Be patient

Be kind

Listen

Share recipes with friends

Ask questions

Provide support

Be an advocate not an adversary

It's okay to be your best customer in the Gift Shoppe

Respect the past

Look forward to tomorrow

Be welcoming to new ideas

Be accepting of others – because you never know their story

Laugh lots – especially at yourself

Make time for friends

Hug often

Eat dessert

Remember life's lessons

Share your knowledge

Don't be afraid to ask for help

Never underestimate what you have to offer

Volunteer your time, even if you don't think you have time to give

Say thank you

*Patti H. Walker,  
Community Relations Coordinator,  
Columbus Community Hospital*

## Having a Stroke?

Is someone you know having a stroke?

**Remember F-A-S-T!**

**Face:** When smiling, does one side of the face sag?

**Arms:** Raise their arms – does one drift downward?

**Speech:** Ask them to say "The skies are blue in Florida." Is their speech slurred?

**Time:** If you observe any of these stroke symptoms, call 911 immediately.

**Time is critical!**

## Public Policy Education Report



Barb Filla

*Please note that the state and federal updates are as of April 2, 2017. Situations may change by May, 2017.*

Spring Tour visits to all seven Partners' district meetings are almost complete. This is my first tour, which is impossible to describe. WOW! I saw dedication, creativity, action, and passion for the work you do for your hospitals, patients, and community. Thank you very much for your warm friendly welcomes, sharing, and much more!

Fifty percent of the attendees at the district meetings signed up to receive WHA's weekly email newsletter, *The Valued Voice*. This is another option to receive **weekly** WHA

updates of public policy information on hospitals and health care-related topics. Hopefully with weekly information readily available to you, advocacy efforts will be easy to accomplish with a variety of important health care points to cover with your legislators. Thank you for signing up and being ongoing grassroots advocates!

### Public Policy Information

On the federal level, until the current administration obtains approval for a complete cabinet and other important positions by the Senate; legislative actions are more difficult to process and accomplish. Some issues and bills are being passed, however it takes time to find good objective sources of information. Some resources are listed below.

On the State of Wisconsin level, the new biennial budget process is in progress, with budget hearings around the state on various topics and items in the budget. HEAT has sent out several notices for us to contact legislators regarding the proposed 2017 Rural Wisconsin Initiative. Check it out at [www.RuralWisconsinInitiative.com](http://www.RuralWisconsinInitiative.com).

Some Rural Wisconsin Initiative info from a recent *Valued Voice* newsletter, quoted: "Four legislative proposals to improve both access to and the quality of health care in rural Wisconsin have been proposed. The bills seek to fund training consortia for allied health professionals—such as physical therapists and certified nursing assistants, clinical training programs for advanced practice clinicians—such as physician assistants and advanced practice nurses, wellness programs in rural areas, and Wisconsin Hospital Association quality improvement initiatives."

### Helpful Resources

- Wisconsin Hospital Association has weekly information on their website: Health care issues, advocacy, education, news—current and archived, videos and more. [www.wha.org](http://www.wha.org)
- HEAT Grassroots Advocacy: [www.wha.org/heat-grassroots-advocacy.aspx](http://www.wha.org/heat-grassroots-advocacy.aspx)
- Find and Contact Your State and Federal Lawmakers at [www.wha.org/waml.aspx](http://www.wha.org/waml.aspx)
- WisconsinEye: [www.wiseye.org](http://www.wiseye.org), a non-profit, private public affairs cable network in Wisconsin. The network airs coverage of the Wisconsin Legislature, floor sessions of the Wisconsin State Assembly, Wisconsin State Senate and more.
- WHA Partners website: Read local, district and state newsletters for ideas, report forms, news about upcoming events. [www.partnersofwha.org](http://www.partnersofwha.org)

I invite you to contact me anytime with your questions and comments, including thoughts and suggestions on how I can serve you and WHA better in public policy information, education, and advocacy areas.

Barb Filla, PPE Chair  
4511 E. Robin Meadows Ln., Eau Claire, WI 54701  
715-514-0904; Email: [1bluebird88@gmail.com](mailto:1bluebird88@gmail.com)

## WAVE Introduces “Nominating the Building Blocks of Your Future!”

I would like to introduce the committee for the 2017 Wisconsin Award for Volunteer Excellence (WAVE) selection. They are Liz Emmerich, Chair, North Central District; Pat Freeders, Southern District; Julie Steiner, Western District; Sharon Scott, Southeastern District; and Jennifer Frank, the WHA Liaison.

The categories will remain the same as last year, which includes Community Service Programs, In-Service Programs, Fundraising Programs, and Community Outreach and/or Collaboration Programs. The definition and criteria are clearly stated on the application form. Be sure to choose the correct category and follow the instructions carefully.

Applications have been sent to each hospital's volunteer president. If you have not received your application, you may access the 2017 form online and complete it electronically. Applications must be returned to: WHA, attention Jennifer Frank, 5510 Research Park Dr., Madison, WI 53711 **by June 9, 2017.**

The winners will be notified in late July and will be presented with their awards at the convention in October.

We hope to have a great number of applications to review. If you previously submitted an application and did not receive an award, tweak your application and resubmit it. This is a different competition and a different committee.

If you have any questions, please email me or give me a call. Good luck to everyone.

Liz Emmerich, Chair  
738 Brucker St., Medford, WI 54451  
715-748-4192;  
Email: [larryemmerich@gmail.com](mailto:larryemmerich@gmail.com)



## Community Health Education Report



Sherry Jelic

Spring tour this year focused on our CHE project—**drugs and dreams**—the opioid epidemic. We had lots of discussion, which is just the way we want to start. Two terms that were consistently used were *abuse* and *addiction*, but there is a difference between these terms. Taking a medicine in a way that is different from what the doctor prescribed is called *prescription drug abuse*. It could be (a) taking a medicine that was prescribed for

someone else, (b) taking a larger dose than you are supposed to take, (c) taking the medicine in a different way than it was intended—crushing tablets and then snorting or injecting them, and (d) taking the medicine for another purpose, such as getting better sleep, reducing stress, or getting high.

Abusing some prescription drugs can lead to *addiction*, or dependence. These include narcotic medications, sedatives, tranquilizers, and stimulants. When a person is addicted, they are not able to control their drug use and may continue using the drug despite the harm it causes. Drug addiction can cause an intense craving for the “high.” A person may want to quit, but cannot do it on their own. Drug addiction causes serious, long-term consequences, including problems with physical and mental health, relationships, employment, and the law.

Some important information was shared by the speakers at district meetings. In 2015, 20.8 million people aged 12 and older had a substance use disorder—1.5 times the number of ALL cancers. About 71% of those who abuse got it from a friend or family member. Heroin is usually not where addiction begins, but often where it ends. Taking opioids increases the risk of becoming heroin addicted by 40 times! But, for every 1 heroin death, 2 deaths are caused by opioids. Patients who receive an opioid prescription from their health provider believe it is safe, over half get more than needed, 60% hold on to them, and 20% share their prescription.

The current Wisconsin initiatives are trying to target the beginning of this process by getting opioids out of people’s hands. Prescriber and community education, and tracking/monitoring the number of opioid prescriptions (the Prescription and Drug Monitoring Program (PDMP) which went into effect April 1), are intended to decrease the number of prescription opioids written. Keeping medications safe at home, proper medication disposal guidelines, and community take-back programs are intended to decrease the excess medications getting into the wrong hands. Naloxone access and more treatment options, including both inpatient and outpatient treatment centers, strive to address the growing numbers of those addicted.

It’s a BIG problem. What action can we take? First, become aware of the risks. Safely STORE and DISPOSE of opioids. Support organizations that are working to end the abuse. And, support legislation and funding intended to address and help end the crisis. **PLEASE!**

Sherry Jelic, CHE Chair  
7574 Suffolk Down, Sun Prairie, WI 53590  
608-235-9526; Email: [sjelic@msn.com](mailto:sjelic@msn.com)

## Website Maintenance

Thank you to all of our members who are sending newsletters and pictures of their activities to keep the website fresh and up to date. The website ([Partnersofwha.org](http://Partnersofwha.org)) is the source of all good information about Partners. The newest forms, addresses, and other information will be on the website.

To continue to have fresh, accurate information, we rely on you, the membership, to send your address changes, pictures, and newsletters to Peg Larson at [pegvoluntr@aol.com](mailto:pegvoluntr@aol.com). In addition, please let Peg know if there are any errors in navigation or information.

There have been a couple of changes to the site over the last year. The most noticeable is to reduce duplication by putting all of the Forms on the Forms page. While they are part of the Leadership Handbook, they are listed on their own page. You may note that they are organized by Annual Reports and Other Forms with subheadings by Local, District, and State. I hope this will make navigation easier for you. In addition, each form that has been revised since the last printing of the Leadership Handbook lists its revision date. Please keep your Handbook up to date by printing the new form and DISCARDING any old versions. In the Other Forms category are some documents for use by your organization including a Self Assessment Profile to see where your organization could make positive changes in operation. There is also a Confidential Personal Profile which lists the interests and skills of an individual. We use it at the State level to match individuals to jobs, and it would accomplish the same purpose for your local organization.

Please help us keep the website useful and relevant to your organization by forwarding information and comments often. Thank you for your help.

Peg Larson, Webmaster

## Around the State

### Franciscan Healthcare Auxiliary, La Crosse:

With many flower sales coming up this spring, try something different and make “Pot People” out of different sized clay pots and heavy string and use your own creative painting to make a person—very unique and cute. Call them for further ideas at 608-393-4203.

### River Falls Area Hospital Auxiliary, River Falls:

“How can I help out Chemo patients?” Auxilians here knit or crochet hats, which are fashionable and warm. Not only are they the rounded ones, but some are square, with a brim, a flower, or different stitches. Many colors make for springtime cheer!

### HSBS Sacred Heart Hospital Volunteers, Eau Claire:

King’s Closet and Redeeming Grace Church partnered in an annual Coat and Blanket Drive with volunteers assisting in collecting. The Coat Drive served 167 households, distributing over 400 coats, 90 blankets, and hundreds of hats, gloves, scarves, etc. On Christmas Eve morning, Volunteer Partners Board of Directors representatives delivered each patient in the hospital an angel ornament and bookmark, along with an angel poem for good wishes for healing and good health in the New Year. Nice gesture!

### Flambeau Hospital Auxiliary, Park Falls:

This auxiliary gave a check for \$31,000 for a very special bed for the ICU, called a Total Care SpO2RT Pulmonary Therapy System. The bed has Integrated Therapy-on-Demand modules that can provide Continuous Lateral Rotation Therapy (CLRT) and Percussion/Vibration Therapy without staff having to move the patient. The bed does everything to benefit the patient.

Kay Lyndahl, Editor



“Spring Break and Cookies” was the event held in Aspirius Wausau Hospital’s lobby, where Dr. Wessells is seen taking a “break.” The proceeds will be used to support programs and services for patients, families, and the community.

## Reaching Out Deadlines

<u>Issue</u>	<u>Deadline</u>
August 2017	Sat., July 15, 2017
November 2017	Sat., October 14, 2017
February 2018	Mon., January 15, 2018
May 2018	Friday, April 13, 2018

Partners *Reaching Out* is published four times a year by Partners of Wisconsin Hospital Association, Inc. Visit the Partners website at [www.partnersofwha.org](http://www.partnersofwha.org). Direct questions or comments to:

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