



River Falls Area Hospital Auxiliary

INSTALLATION OF OFFICERS

CALENDAR OF EVENTS

Tuesday, March 8
Membership Mtg.
10:00-12:00

Friday, March 18
Books Are Fun
10:00-4:00

Friday, March 25
Pie Sale
9:00-11:00

Wed., March 30
Advocacy Day

Friday, April 1
Relay for Life

April 10-16
Volunteer Week

Wed., April 13
Pizza Hut Guest
Server Night
5:00-8:00

Thursday, April 21
District Mtg. in
Stanley

In January the new officers were installed during our annual meeting.

President: Sue Meisner
Secretary: Heather Logelin
Treasurer: Glenda Zielski
(not pictured)

Joyce Breen, our District Chair conducted the installation and carnations were handed out as they were installed.



President: Red carnation denotes fairness, leadership, faithfulness and honesty.

Secretary: Yellow carnation denotes accuracy and faithfulness.

Treasurer: Blue carnation denotes honesty and responsibility.

HELPING OUT CHEMO PATIENTS

Look at the AWESOME head gear and more! Some absolutely gorgeous headwear in so many styles & colors have been coming in from our very appreciated community volunteers, RFAH Auxiliary volunteers & Allina employees so that our Infusion patients at RFAH are very fashionably & warmly dressed. You've got to know what this means to someone whom is ill. We as a group can't always lessen the depth of the journey that infusion patients must follow but WE CAN do something with our hands & talents to soften the burden patients experience . Soon we'll need spring turban caps made. WE CAN!

You'll note in the photo the composition notebook journal covers that have been lovingly quilted to encase those most precious thoughts as a chemo patient undergoes those instructions given by oncology, the medications they are being infused with; maybe their thoughts or a guest who patiently wait along side them so their journey isn't alone lying in a bed for hours,



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**HELPING OUT CHEMO PATIENTS
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maybe the warm hearted and kind nurses write their ever encouraging thoughts for later reading over and over. YES, WE CAN.

In the forefront, you'll see a blue small pillow known as a port pillow. This pillow is attached by tabs to vehicle seat belts to protect a patient port from irritation. Girls, we need HELP making these quite simple pillows. Patterns, fabric, etc. will be furnished or with receipt, we can reimburse you. Please call Kathye Beebe at home (715-425-2015) or contact her at the hospital front desk on Friday mornings and let's huddle on how we can work together to make quality of life brighter for those in need. WE CAN.

PUBLIC POLICY REPORT

Board of Directors

President:

Sue Meisner

Secretary:

Heather Logelin

Treasurer:

Glenda Zielski

Committee Chairs

Public Policy:

Diane Westbrook

Comm. Health

Jean Bot

Sunshine:

Dee Larson

Advertising:

Nancy Weinreich

Kiosk:

Arline Taylor

Scholarship:

Glenda Zielski

Bipartisan lawmakers in the Assembly unveiled bills the end of January targeting dementia and Alzheimer's, including legislation that would boost funding for respite care & allow the state to hire more dementia specialist in rural areas.

The lawmakers, most of whom are members of the Speaker's Task Force on Alzheimer's & Dementia, said during a press conference that the estimated \$2 million in funding the proposal would be offset by how much the state could save. "These are really to move Wisconsin forward, to show that Wisconsin cares about its elderly population, and about an issue that continues to grow in significance and impact in the state," said task

force chair Rep. Mike Rohrkaste, R-Neenah

One bill would put an additional \$1 million in the next fiscal year to respite care under the Alzheimer's Family & Caregiver Support Program. The program has not received an increase in funding in more than 30 years. Rep. Debra Kolste, D-Janesville calls respite care "essential to the care of the caregiver." This is the bill that actually could save the state money, as it is a program that can keep people in their homes."

Proposals have been offered that would add 4 additional dementia care specialist in counties that have less than 150,000 people. It would add a position that would train dementia care specialist in Aging & Disability &

Resource Centers to educate employers about issues relating to dementia with their employees & family members of employees, as well.

Another proposal would provide \$50,000 research led by Dr. Sanjay Asthana, director of the Alzheimer's disease Research Ctr. At the UW-Madison, to identify potential blood abnormalities that could lead to Alzheimer's.

Other proposals include funding dementia training for mobile crisis teams, and another piece of legislation would require DHS to develop a certification process for dementia care specialists.



My doctor said I need to eat More greens, so I went on a dye it

KIOSK KORNER

Easter is right around the corner and the Kiosk will offer our customers everything to suit their needs. There will be a huge selection of decorations and inspirational merchandise, jewelry included. There will also be fun items for kids and grandkids for their Easter basket.

The trend this year in jewelry is glistening, turquoise, flowers and the Santa Fe look with lots of oranges, blues

and beiges. The scarves this spring will be a great compliment for the jewelry. I have ordered plenty of magnetic scarves and they go quickly every season so I suggest you get them early. During the last two salad luncheons they have completely sold out!

The adult coloring books and pencils are selling well and this is a great gift for all ages.

Birthday Wishes!

March

- 2-Lori Severson
- 20-Joni Henning

April

- 8-Helen Traynor
- 12-Kathy Steffen
- 13-Betty Merriman
- 18-Fern Tomaszewski
- 20-Sue Nelson
- 23-Joan Gram
- 28-Sandy Viney



BOOKS ARE FUN



Our spring book fair will be here before you know it and you will want to check out the books, specialty items, flash lights and so much more.

Date: Friday, 3/18 from 10:00-4:00

Location: R.F. Hospital Conference Room

PIZZA HUT GUEST SERVER NIGHT



Are you getting hungry? Our Auxiliary will be your servers for a night and we will receive all the tips! If you are not a fan of pizza, there are several other options to choose from, like chicken wings, pastas, salad bar, bread sticks and even mini apple pies! Come on out and let us do the cooking!

Date: Wednesday, 4/13 from 5:00-8:00 Location: R.F. Pizza Hut



GOOD FRIDAY PIE SALE

With all the cooking you do on Easter, wouldn't it be much easier to have someone else make your dessert? The Auxiliary will be having their annual Pie Sale on Good Friday. Pies are \$10.00 each and homemade by our members. Come on out to First National Bank at 9:00 A.M. to pick out a dessert that will please your guests, but if you snooze you lose, as these pies sell out within the hour.

RELAY FOR LIFE

There is still time to sign up for the "Relay for Life" event. You can join the hospital's team or purchase a luminary for someone you know that has had cancer. Please contact Heather Logelin or Sandy Bowen if you are interested in joining a team or purchasing a luminary.

**ADVOCACY DAY**

WHA's Advocacy Day is an annual legislative event for health care employees, volunteers and trustees designed to motivate and educate participants on health related issues and grassroots advocacy opportunities. Past Advocacy Day participants have culminated their day with scheduled visits with legislators and their staff at the Capital following the program. Broad participation in Advocacy Day is an important component of shaping the future of health care for Wisconsin communities.



Join us in Madison on Wednesday, March 30th. Please contact Heather Logelin or Sue Meisner if you would like to attend this informational event.

MARCH MEETING

Our next meeting will be on Tuesday, March 8th from 10:00-11:45. Please let Sue Meisner know if you will be attending and if you will be staying for lunch. The speaker will be one of our members, Tracy Berglund and she will be talking about long term care. Tracy will also pay for your lunch so RSVP's are required! Menu: Reuben/Rachel Sandwiches, Pickles, Veggie Tray, Chips, Mint Brownie and Coffee/Water

SPRING DISTRICT MEETING

The upcoming Spring District Meeting will be held in Stanley, WI. on Thursday, April 21st from 8:30 until 3:00. If you are interested in attending, we will have a sign up sheet at our March meeting. You can also contact Sue Meisner.

New Member!

Please help me welcome our newest member, Kailey Haas. She is the new marketing and admissions coordinator for Kinnic Health and Rehab.

Over 70% of our members have paid their dues already which I think is awesome!!! If you are one of the few that have not paid yet, please contact Kathye Beebe at 715-425-2015. She will be glad to assist you with any questions.



H O T O F F T H E P R E S S !

In case you have not heard the big news at the RFAH, the Allina Health Finance Committee of the Board approved the plan for an Allina Health clinic in River Falls which will be built on the land north of the hospital (currently a soy bean field). Their goal is to break ground for the clinic this spring!

They also signed the final agreement with Hudson Physicians Women’s Health to provide OB/GYN services here on the River Falls Area Hospital Campus. If you would like to book an appointment with one of the Hudson Physicians Women’s Health providers at River Falls Area Hospital, you can do so by calling 715-531-6800.

S W E E T R E D P E P P E R H U M M U S

Ingredients:

- | | | |
|--------------------------------|--|------------------------------|
| 1 tbs. extra virgin olive oil | 2 tbs. fresh lemon juice | 1/2 tsp. apple cider vinegar |
| 2 tbs. chopped fresh parsley | 1/2 tsp. salt | 1/2 tsp. cumin |
| 2 tbs. Splenda | 1 (19 oz.) can garbanzo beans, drained | |
| 2 cups chopped red bell pepper | olive oil-flavored cooking spray | |

Directions:

Spray non-stick sauté pan with olive oil spray. Sauté red peppers for 4 to 5 min. Set aside. In food processor, add all ingredients including red peppers. Puree for 1 min., scrape the sides, and continue to puree until smooth. Refrigerate until serving time.

Nutrition Facts:

15 Servings, Serving Size 1/4 cup

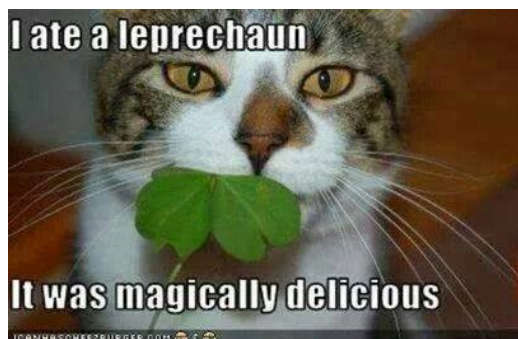
Amount per serving: 60 calories, 10 calories from fat, 1.5 g. total fat, 0 g. saturated fat, 0 mg. cholesterol

VOLUNTEER/AUXILIARY MERGER

We have had several meetings about a possible merger with the volunteer group. If we go through with this, our targeted date is for 1/1/17. You will be receiving a survey monkey very soon with questions about our meetings. Please send those in ASAP so we can move forward with planning. If we do combine with the volunteer program, our name would be Volunteer Partners with River Falls Area Hospital, but for events we would continue to use the Auxiliary name. Whether we combine or not, we will need to start on background checks and medical histories for anyone that volunteers in the hospital be it the Kiosk, sheet sale, tree decorating; anything that involves volunteering on the campus. This is a must to be compliant with hospital regulations. We would still be able to have the fundraisers and support scholarships along with funding hospital requests. So as you can see, not too much would change and we will still be able to support the hospital with funding, volunteering on and off site and have our meetings. Our questions going forward would be to continue to have 6 meetings a year or 4. If you have any questions or comments, please feel free to contact either Heather Logelin or Sue Meisner.

SPRING SALAD LUNCHEON

The Spring Salad luncheon will be on Tuesday, May 10th. Sue Nelson will be the chair for this event and can answer any questions you may have. If you are bringing a salad that can go into a baggie, this would help to eliminate some confusion of who the bowl belongs to or the chance of a bowl breaking. If you decide to bring a nice bowl of your own, we would appreciate it if you could put your name on the bottom. We look forward to seeing many of our volunteers at this event!



I would like to thank the following ladies for helping put together Mammogram bracelets. Alice Baldini, Jean Bot, Kailie Haas, Barb Grant, Diane Westbrook & Glenda Zielski

FEBRUARY – HEART HEALTH

February is designated as American Heart Month. Heart Disease is the leading cause of death for men & women in the U.S.

At a seminar on Women's Heart Health at the RFAH on February 19, Dawn Huberty, one of our auxiliary members, shared her story while growing up & living with chronic fainting spells and this going undiagnosed until the age of 27. She was then diagnosed as having complete heart block and within 3 days had an implantable pacemaker. She has since then started an online and in-person support to women around the world. She is an advocate for women's heart health education, support & awareness. Her presentation was followed by Shari Durch who oversees the cardiac rehabilitation program at RFAH. Shari talked about the Risk Factors of Heart Disease & the benefits of exercise and the Exercise Pyramid. Handouts were provided for the attendees.

A brief follow-up on the Blood Mobile as March is designated as Red Cross month. The Red Cross depends on blood donors nationwide. The donors of all blood types are needed to help accident & burn victims, patients undergoing organ transplants, those receiving cancer treatments & others who rely on blood products. Check dates & locations for the Blood Mobile in Pierce & St. Croix County.

Quitting smoking is the single most important step smokers can take to enhance the length & quality of their lives. We all know the health effects of tobacco use. I am an ex-smoker & smoked a pack per day for 15 years. When I quit 30 plus years ago, it was one of the BEST things I did for myself & my health. I did not like the nagging, scolding or preaching that I should quit smoking. It is a highly addictive behavior. Today when I volunteer at the Free Clinic I try to offer support & encouragement to the smoker—to keep trying to quit until you quit for good. Today there is so much available to aide the smoker to quit smoking. The American Lung Association offers a free on line Freedom from Smoking. It is accessible day or night, 7 days a week. There is a group support offered as well. There are quit smoking medications that help reduce cravings for cigarettes & relieve withdrawal symptoms while trying to quit. You can call the Lung Helpline at (1-800-586-4872) at the American Lung Association.

An upcoming event at the RFAH on Monday, May 9th, Women's Health Night. You can come and enjoy appetizers and beverages while you listen to the moving story of a breast cancer survivor and then hear one of our doctors talk about the latest guidelines on mammograms. **Jean Bot**



Getting to know you:

Helen Traynor



When Benjamin Franklin said, “If you want something to get done, ask a busy person,” he must have had people like Helen Traynor in mind. In addition to her regular volunteer work here at the hospital, both as a greeter at the front desk and as an active auxiliary member, Helen also volunteers at the Moose Lodge, the American Legion Auxiliary, and the Aging & Disability Resource Center (ADRC). She’s also a regular platelet donor & works as an election deputy. Yes, she is one busy lady!

Helen & her two brothers, Norm & Lowell, were raised in the small southern MN. Town of Waseca. Her dad owned an electric motor shop & her mom worked food service at the Southern School of Agriculture. Helen was in grade school during the Cold War & remembers hiding under her desk during the bomb drills. In high school she was “painfully shy.” There were no girls’ sports teams at her school, but she was involved with the Girls Athletic Association (GAA). She also was very involved with Girl Scouts, earning the rank of First Class Girl Scout, which was then the highest leadership award in Girl Scouts. One of her part-time jobs in high school was as a car hop at the A&W.

After high school, Helen went to Mankato State University. After several years in Mankato, she moved to Saint Paul, where she spent a year at Miller Hospital before taking a position with Ramsey County Human Services. She ended up as a financial worker, doing intake interviews with families applying for food stamps and Medicaid, including many of the Hmong refugee families being resettled in Minnesota. Helen worked for Ramsey County for 34 years, until her retirement in 2009.

Helen moved to River Falls with her son, Andy, after divorcing her first husband. She and her second husband, John Traynor, were married at St. Bridget’s and had their wedding reception at the Moose Lodge. Helen points out that she was raised Methodist, is a practicing Lutheran and is now married to a Catholic! Andy recently moved in with his girlfriend in Rochester. His girlfriend is allergic to dogs, so Helen and John have inherited Andy’s Sheltie, Maizy.

Helen and John have a place up north, in Barnes, near Hayward. “It’s no lake cabin,” she explains, just a mobile home on clear-cut land. When they were younger, she and John were very active, including snowmobiling, four-wheeling, cross-country skiing, biking and bowling. In 2006, Helen fell and broke her back and had spinal fusion surgery. She more recently had knee surgery, also related to the injuries sustained during that fall. While Helen still likes to stay active, she also enjoys reading, knitting and crocheting. She still does all of their yardwork, including the mowing and shoveling.

Helen remembers with a chuckle that in her 20s, she was medevacked from a cruise ship for an emergency appendectomy! Despite a rocky start to her travel adventures, Helen loves to travel—and would like to do more of it. While at Ramsey County, she traveled to Italy and Albuquerque with a co-worker. She and John went to Mexico for their Honeymoon; they travel well together, as both like to get up early and see the sights. In 1992, she used inherited money to take Andy to Disney World and Mount Rushmore. She’s been on two bus trips with the River Falls Senior Center, one to Boston and one to Branson, and is headed to New Orleans with them in April. She’s hoping to take an Alaskan cruise with John after he retires. Helen’s travel “bucket list” also includes New York for the Macy’s Thanksgiving Day Parade and New Orleans for Mardi Gras. “Laissez les bons temps rouler!”



Helen as a baby!



Helen & her husband John



Helen’s son, Andy