

ASCENSION GOOD SAMARITAN HOSPITAL VOLUNTEERS

VITAL SIGNS

January 2020

Message from a President

Happy New Year! How about this for a 2020 mindset both in our volunteer and personal lives?

Let Go of What's Gone
Be Grateful for What Remains
Look Forward to What's Coming

We can't let go of "what's gone" before briefly reflecting on the good year we had in 2019. We added a number of successful fundraisers (and had fun doing so) thanks to your dedication, willing spirits, and generous support!

In addition to all of our November/December activities, we managed to assemble over 3,000 dental kits for the Merrill area students. Kudos to Darlene Johnson for her amazing organizational and scheduling talents, as well as to the best ever assembly-line crew members. Our December Books and Collective Goods Fair was well-attended and was well-staffed by our volunteers who filled all the shifts. Thanks to all who participated!

Thanks, also, to Vicki Hilfiker for the beautiful Christmas Stocking she once again designed and created for our December raffle, as well as to all of you who filled it! Sharon Lee, a hospital staff member, was the happy winner!

Looking forward, we anticipate a good turn-out for our **January General Meeting and Luncheon** to be held on **Wednesday, January 29** in the hospital cafeteria. You will be contacted by your calling tree volunteer with details. Remember that membership dues (\$8.00) and donations for the food pantry are collected in January at this meeting.

(Please call Linda at 715-722-0312 if you have not received a call by January 22nd.)

As many of our members head south for the next few months, we find that we are sometimes short of volunteers and would appreciate any extra help you can share! Contact Ramona or Linda if you have some extra time.

I'm hoping you make sure to find joy in the smallest things in your lives as you begin your 2020 Adventure. Let it begin!

Linda Holdorf, Presidential Team



and



JANUARY BIRTHDAYS



2	Joan Brandner
3	Karleen Bebel
14	Shirley Henkelman Ramona Hornischer
22	Carol Crevier
23	Sheryl Chism
25	Cleone Turner
28	Ann Ravn
29	Arlys Bourdage
30	Diane Marnholtz

Public Policy Education

#HopeActLiveWI: Responding to Wisconsin's Opioid Crisis

2019 Year in Review – Excerpts
by Paul Krupski, Director of Opioid Initiatives,
Wisconsin Department of Health Services

The best news of 2019 was the announcement made in August that opioid-related deaths in Wisconsin declined in 2018 to their lowest level since 2015. The 838 deaths reported represented a 10% reduction from 2017.

Other highlights from 2019:

In January, Governor Tony Evers and Lieutenant Governor Mandela Barnes were sworn into office, and DHS Secretary-designee Andrea Palm took the helm at DHS.

In March, DHS hosted another successful Opioid Forum in Green Bay. Over 800 people attended the event. Governor Evers, Attorney General Josh Kaul, and DHS Secretary-designee Andrea Palm spoke, shared their visions and offered support for the efforts taking place across the state.

In April, another successful Drug Take Back Day collected over 58,000 pounds of unwanted medications. These events help all of us empty our medicine cabinets of medications no longer needed and prevents them from being misused or disposed of improperly.

In June, a deal to provide direct access to the lifesaving opioid antidote, naloxone, was cemented. NARCAN® Direct will provide our partners with NARCAN® at no cost through an order on demand system. The program began with 14 agencies. As of November, 68 agencies are participating. NARCAN® is the nasal spray formulation of naloxone, a drug used to reverse opioid overdoses and this program will assist in getting NARCAN® into the hands of those who need it most so someone who overdoses on opioids can be revived and start their journey toward recovery.

In August, DHS unveiled Data Direct: Opioids, an online tool featuring interactive charts, graphs, and maps providing the most up-to-date opioid-related data for Wisconsin.

In September, Recovery Month was celebrated with another great rally on the Capitol Square with people sharing their stories, breaking down stigma, and proving that recovery is possible.

October 26 was the second Drug Take Back Day of the year in Wisconsin where another 60,472 pounds of unwanted drugs were collected. Keep in mind; one need not wait for an event to get rid of the unwanted medications. Drop off sites are available around the state for any time disposal. (Note – Merrill Police Department)

A lot has been accomplished toward the goal of ending the opioid epidemic; let's see how those efforts continue to bear fruit in 2020.



Wed, Jan 1 – *HAPPY NEW YEAR – 2020!*

Wed, Jan 8 – Volunteers Board Mtg – 1:00 pm

Mon, Jan 20 – Martin Luther King Jr. Day

Wed, Jan 29 – **Volunteers Luncheon and General Membership Meeting**

1 pm – Hospital Cafeteria

FOOD PANTRY COLLECTION

2020 Membership dues can be paid

Sun, Feb 2 – Groundhog Day

Sun, Feb 2 – Super Bowl LIV – Hard Rock Stadium
Miami Gardens, FL

Wed, Feb 5 – Volunteer Board Mtg – 1:00 pm

Community HEALTH EDUCATION

Sunburn and Windburn: Winter skin damage culprits

Shine ~~365~~

Use sunscreen and thick moisturizer when outdoors in the winter to avoid a sneaky duo of skin damage culprits – sunburn and windburn.

Spending time outdoors on a cloudy winter day can do more than just chill your skin. Sunburn and windburn can damage skin that's not properly protected.

Cold and clouds don't block UV rays

Most people associate sunburn with hot, sunny days, but the sun's rays are just as harmful when it's cold outside. You can even get sunburn on cloudy days. Between 50 and 80% of ultraviolet rays goes right through the clouds. Snow and ice make matters worse by reflecting up to 80% of UV

rays that reach the ground, meaning you get hit from two angles.

Skiers and snowboarders who head to the mountains for their sports are even more likely to get sunburned. With every 1,000-foot increase in elevation, the level of UV exposure increases 8-10%.

Protect your skin in the winter by following the same sun protection rules recommended for summer:

- Use broad-spectrum sunscreen and lip balm with SPF 30 or higher.
- Apply sunscreen to exposed skin every two hours.
- Use sunscreen indoors if you spend most of your day near a window or in the car.
- Wear sunglasses outdoors.
- Wear sun protective clothing like wide brimmed hats.

Incidental sun exposure adds up. Skin damage can form over time even if you don't get enough sun to cause sunburn. It's good to protect your skin on a regular basis.

Cold, dry conditions cause windburn

Windburn is skin damage caused by a combination of cold temperature and low humidity that depletes your skin's natural oils. Windburn looks and feels similar to sunburn. It makes skin red, dry and irritated. Sometimes skin feels hot and looks swollen. It's most common on the face, but any exposed skin can get windburn.

Prevent windburn by covering skin with clothing and wearing sunglasses or goggles on cold, windy days. Apply a thick moisturizer to exposed skin every two hours in addition to sunscreen and lip balm. Check the weather and try to avoid being outside for a long time when the wind chill is very low.

Treatment Suggestions

Treat wind burned skin using these steps:

- Warm skin with lukewarm water.
- Apply a thick moisturizer 2-4 times a day.
- Wash your face with a mild, moisturizing cleanser.
- Ease discomfort with ibuprofen.
- Drink plenty of water.
- Humidify the air in your home.
- Avoid harsh skin treatments like exfoliators, peels and products that contain alcohol.
- Don't pick your skin.

See your health care provider if your skin is extremely blistered or swollen from windburn.

Adjusting to Life with Less Daylight

Shine365 With winter and the recent time change, most of us wake up in the morning to darkness and return home from work or school in the dark. Daylight changes can affect mood and sleep. With less daylight, more time is spent in the dark, so it is important to make note of any mood changes during this time

Our brains produce and release two hormones – serotonin and melatonin – related to sunlight and darkness. Serotonin is triggered by sun exposure and is known to improve mood. Melatonin is triggered by darkness and is associated with sleep.

Healthy sleep routine

Shorter daylight hours can affect sleep; you might sleep more during the winter months because of the increased production of melatonin.

Before artificial light, our ancestors would wake with the rising sun and fall asleep when darkness fell. With the shorter days and less sunlight, more melatonin is produced to tell our bodies to rest or sleep. Because sleep hygiene is important, going to bed at the same time and waking up at the same time daily; yes, even on weekends.

Other tips for sleep include no naps longer than 30 minutes, turn off distractions like television and phone, and use your bed for sleep and sex only. By doing so, the brain will only associate the bed with those things and the blue light from your phone or tablet won't keep your brain stimulated and awake.

Mood swings

Mood also can be affected by the amount of hormones produced and released in your body. Days with less daylight are unlikely to have a big change in mood because of the gradual reduction in sunlight exposure over the period of weeks to months. Think of shorter daylight hours in terms of jet lag from traveling to a different time zone where the body attempts to adjust to the natural sunlight or lack of, which is something the human body has done since the beginning of time.

Seasonal Affective Disorder (SAD) may be responsible for any dramatic mood change during the winter months. SAD is related to the lack of serotonin production.

Other options

Phototherapy or light therapy can help those who struggle adjusting to time change. In order for light therapy to be effective, the light must be 10,000 lux and people need between 20-45 minutes exposure per day, depending on individual need. Dusk-to-dawn alarm clocks may help also, as they mimic the rising and setting of the sun to help regulate melatonin production. As always, consult your provider with concerns/questions.

A HAPPY MARRIAGE 'YARN'

A man and a woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she cautioned her husband never to open or ask her about. For all those years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed it was time he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all this money? Where did it come from?"

"Oh," she said, "That's the money I made from selling the dolls!"

*Dear Lord - I pray for
WISDOM to understand my man, LOVE to
forgive him, and PATIENCE for his moods;
because Lord, if I pray for STRENGTH, I will
beat him to death.
AND . . . I do not know how to crochet! Amen.*

FROM OUR TREASURER

Active – \$8 per year, due January
Associate - \$25 per year, due January
Life - \$100 (paid once for life)

Ascension GSH Volunteer Membership Dues will be accepted at the January luncheon or send to:

Vicki Hilfiker 715.551.2620
W8752 Joe Snow Rd, Merrill, WI 54452

NAME _____

ADDRESS _____

HIGH TECH GROCERY

A new supermarket opened. It has an automatic water mister to keep the **produce** fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the **milk** case, you hear cows coming & experience the scent of fresh hay.

When you approach the **egg** case, you hear hens cluck and cackle and the air is filled with the pleasing aroma of bacon and eggs frying.

The **veggie** department features the smell of fresh buttered corn, and the **coffee** aisle has the sound and smell of fresh coffee brewing.

I just do not buy toilet paper there anymore!!

January Gift Shop *CLEARANCE*
All Holiday Merchandise
Reduced 40%

 **Ascension**
Good Samaritan Hospital
601 South Center Avenue, Merrill, Wisconsin 54452-3404

