

Friends of VMH

Vernon Memorial Healthcare, Viroqua

August 2018

News from Your President

It's been a busy summer! Mowing, gardening, volunteering, and family events have kept us all quite busy.

We wish Judy Gilbertson the best in her new full-time role as Grandma. Judy retired as our Volunteer Coordinator this month, having served us for more than 25 years. Congratulations Judy!



Judy's August 1st Retirement Reception

August 22nd I will be meeting with other local auxiliary/partners presidents in our Western District. District Chair, Patsy Pippin is hosting the meeting in our VMH Medical Office Building to discuss state by-laws and our state fall convention.

Don't miss our upcoming Brat and Hotdog Sale August 23rd. Look for the canopy in front of the hospital from 11:00-1:30. Diane Brown is chairing this event. Thanks to all who signed up to

provide condiments, bars, or cookies and to help out at this event. We will be delivering on campus only.

The order forms are out for our annual Mum Sale. Pre-orders with payment are due to Donna Nelson by September 5th. Both tri-color and solid color mums are available...\$15 pre-order or \$20 the day of the sale, September 21st. An order form is available elsewhere in this newsletter. Thank you DJ Brown for handling this project.

I had the privilege of serving on the state WAVE (Wisconsin Awards for Volunteer Excellence) Committee this year. Applications for this award have been judged and the recipient organization's selected. The awards will be presented at state convention this fall.

Speaking of state convention, consider joining our local delegates as we travel to Stevens Point October 2-4. Elsewhere in this newsletter you'll find information about the speakers and workshops. This year we will also be electing 2019-2020 state officers. You'll find my name on the ballot for State Treasurer. Peg Larson from Oshkosh is nominated as the President-Elect and Sharon Scott from West Bend as Secretary. Jan Molaska is the nominee for State President.

It will be good to see you all at our September Membership Luncheon.



Please invite a potential new member(s) and join us in the Medical Office Building Conference Center on September 10th. Register and pay your dues from 11:30 to noon. Lunch will be served at noon followed by our business meeting. **Please RSVP for the luncheon by September 4th by contacting our Member-ship Chair, Alice Sloane at 637-7416 or a.sloane@frontier.com.**

We will be hosting the Western District Fall Meeting on Wednesday, October 24th. Let's have a big turnout of our local members for this event. We will need your help with set-up, registration and meal serving. More info will be available at our September meeting.

Registration is due by October 10th for our annual bus trip to the Fireside Theatre on November 10th. Tickets are \$100 per person. This includes travel, meal, show and gratuity. Elf, the musical is the featured show, This is a fun outing for members and non-members. Seats are limited so register early! Thanks to Phyllis Malin for organizing!

Volunteer Report

Judy Gilbertson retired on August 2nd after 25 years with Vernon Memorial Healthcare. Alycia Larson has been hired as her replacement. Alycia is a Vernon Memorial Healthcare employee who has been supervising the registration staff in the Hirsch Clinic. Alycia will be starting on September 3rd and will be here 4 days/week.

The Blood Drive will be here at Vernon Memorial on August 24. We are in need of a volunteer from 10:00AM -2:00PM. Please contact Donna Nelson at 637-4374 if you are able to assist with this.

Public Policy continued

health care and health insurance. At the same time, the State is projecting an over \$100 million surplus in Medicaid, revenue essentially generated by Wisconsin's Medicaid hospital assessment. We call on the Governor and Legislature to take another important step and preserve access to care by using the surplus to improve Medicaid hospital payments and begin curbing the hidden health care tax.



The Friends of VMH
Brat & Hot Dog Sale

Thursday, August 23rd
11 a.m. - 1:30 p.m.
Vernon Memorial Hospital Parking Lot

Proceeds assist with scholarships and the purchase of hospital equipment.
Delivery available to VMH departments and clinics. Pre-orders and payment due by August 20th.

Your choice of brat or hot dog
Cookie or bar, chips & bottled water included.

Questions?
Contact Donna Nelson
☎ (608) 637-4374
✉ donelson@vmh.org

Vernon Memorial Healthcare

Only \$5

Public Policy Education

Trudy Wallin, PPE Chair

The following statement from Eric Borgerding, President and CEO of Wisconsin Hospital Association, is a good indication of what WHA is working toward.

“Rising premiums threaten access to affordable health insurance and erode the impressive gains Wisconsin has made over the past 4 years in reducing the number of uninsured. With solutions from Washington nowhere to be found, WHA has repeatedly called on the Governor and Legislature to strike Wisconsin’s own path and act to stabilize health insurance markets and sustain our gains in coverage. Governor Walker’s Health Care Stability Plan is a crucial step in protecting access to Wisconsin’s top ranked health care.

Even with today’s great news, our urban, rural and safety net hospitals continue experiencing massive losses from Medicaid. Dubbed the “hidden health care tax,” recouping these losses adds more than \$1 billion annually to the cost of



The Friends of VMH
Mum Sale

- Friday, September 21st, 8 a.m. - 12 p.m.
- Vernon Memorial Hospital Parking Lot

Pre-orders and payment will be collected by Donna Nelson.
Pick-up available in the VMH Hospital Lobby.



Tri-Colored or Solid Colored Options Available

Presale \$15
September 21st \$20


Questions?
Contact Donna Nelson
☎ (608) 637-4374
✉ donelson@vmh.org

Vernon Memorial Healthcare

Solid Color Mums

| | | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |
| Afterglow Purple Flowers: \$15 Available: 20 <input type="checkbox"/> | Gigi Yellow Flowers: \$15 Available: 12 <input type="checkbox"/> | Danielle Red Flowers: \$15 Available: 15 <input type="checkbox"/> |
|  |  |  |
| Afterglow Yellow Flowers: \$15 Available: 20 <input type="checkbox"/> | Wanda Red Flowers: \$15 Available: 18 <input type="checkbox"/> | Spicy Cheryl Orange Flowers: \$15 Available: 20 <input type="checkbox"/> |
|  |  | |
| Golden Cheryl Flowers: \$15 Available: 20 <input type="checkbox"/> | Edana Red Flowers: \$15 Available: 20 <input type="checkbox"/> | |

Questions?
Contact Donna Nelson
608-637-4374
donelson@vmh.org



Friends of VMH Mum Sale

Starts: Thursday, Aug. 9th





Pick-Up Available in VMH Hospital Lobby on Sept. 21st from 8 a.m. - 12 p.m.

Pre-orders & payment will be collected by Sept. 5th


Name: _____

Business: _____

Mumbo - Tri-Colored

| | | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|  |  |  |
| Jeepers Creepers Flowers: \$15 Available: 25 <input type="checkbox"/> | Pumpkin Spice Flowers: \$15 Available: 10 <input type="checkbox"/> | Candy Corn Flowers: \$15 Available: 20 <input type="checkbox"/> |
|  |  |  |
| Autumn Leaves Flowers: \$15 Available: 22 <input type="checkbox"/> | Jack O'Lantern Flowers: \$15 Available: 25 <input type="checkbox"/> | Trick or Treat Flowers: \$15 Available: 20 <input type="checkbox"/> |

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of time.

-The Foundation/Hospice Gala will be held at Old Towne Inn on November 1st. With the addition of the annual ASK campaign this may be the last Gala. The Bland Bekkedal Center for Hospice Care receives many on-going memorial donations to help support this wonderful program.

Jane Knowles, RN-Case Manager retired August 3rd. She was a 19 year employee. ER Physician, Dr. Yvonne Brault will be retiring September 12th.

Community Health Education

At our spring district meetings, we discussed changing the stigma of Substance Use Disorder (SUD), recognizing drug dependence as a disease (classified by the American Medical Association), looking at studies of the brain showing chemical changes when using substances, and recognizing that SUD can be treated, but it will be long-term treatment. Many of those with drug dependence also suffer from mental health issues. Addiction is a disease that knows no boundaries. It affects people from rural and urban areas, regardless of age or economic status.

Senator Tammy Baldwin recently discussed her mother's long battle with opioid dependence. Former Green Bay Packers Hall of Famer Chester Marcol speaks openly about his 30-year struggle with drug and alcohol dependence, and attempted suicide (USA Today Network – Wisconsin, March 2, 2018). He is now an alcohol and drug abuse counselor and inspirational speaker.

When people stop using opioids, they experience severe withdrawal. Medications help a person through withdrawal, giving them the ability to consider healthier choices and work through counseling and other treatment. Methadone and Buprenorphine (Suboxone) are opioids used to reduce withdrawal symptoms and relieve cravings.

Development Report

Donna Nelson

The VMH Foundation and VMH Friends have begun the selection process for healthcare scholarships for the 2018-2019 school year. Applications were open from January 1-July 31. We received 18 applications.

The Foundation has several events coming up this fall:

-The 2nd Annual Donor Appreciation will be held at Branches Winery on Wednesday, August 22.

-The 17th Annual Foundation Golf Outing will be held at Viroqua Hills on Friday, September 7. If you would like to golf please consider joining us, or perhaps coming out to the course at the end of the day for a steak dinner. Dinner is available preorder for \$25.00 and is cooked by the

the Viroqua Fire Department.

-The Foundation is creating an annual ASK campaign to raise dollars to fund the purchase of 25 new hospital beds in 2019. The goal of the campaign is to raise \$100,000.00 in unrestricted funds. The Foundation has relied on event fundraising and memorial giving since its charter in 1985. The annual ASK event will create an opportunity for donors to continue to support the work of the Foundation. The Foundation will be reaching out to VMH Friends on an individual basis. Funds may be given as a one time donation or over an extended period



Health Educ. *cont.*

Naltrexone (Vivitrol) helps block the effects of opioids so a person no longer feels the same high. But many treatment programs do not offer access to medication. Some patients choose not to use medications. The cost of medication and insurance prohibits treatment for many. Few doctors are trained in addiction medications, and many have not received federal waivers to prescribe buprenorphine, or may be reluctant to prescribe it without counseling and other wrap-around services available. Experts are looking at alternate medications, easier access to treatment medications, and training for doctors as potential ways to address the opioid crisis.

Relapse is frequently a part of recovery from dependence on drugs or alcohol. While “willpower” may have been a factor in the initial decision to use drugs, after a person becomes dependent on drugs, the chemical structure of the brain changes. The “willpower” to overcome the brain disease is not simple. If it were, we would not see the relapse rates we do. No reasonable person wants to be estranged from family, focused entirely on the next drug, or facing jail or prison. Treatment can dramatically improve the person’s chance of sobriety. Studies show that 70 to 90 percent of people who complete an addiction rehabilitation program will relapse at least once before they maintain sobriety for a period of time. Successful treatment must include detoxification, inpatient and outpatient treatment, treatment medication, behavioral counseling, evaluation and treatment for mental health issues, and follow-up to prevent relapse. It’s a long-term process, but is a person’s life worth less?

Sherry Jelic, CHE Chair
608-235-9526;
Email: sjelic@msn.com

Membership Report

Alice Sloane

With our Fall Membership Luncheon approaching, it’s time to renew your Friends of VMH membership. Yearly dues are \$20 and are payable each September.

We currently have 66 members on our roster. Of those members, 18 did not pay their 2017-2018 membership. Please reach out to me, your Membership Chair, to make sure you are up to date on your dues. 2018-2019 membership dues will be collected at the fall luncheon.

Remember to **RSVP for the luncheon by September 4th by contacting me, Alice Sloane at 637- 7416 or a.sloane@frontier.com.** We need to know by this date so that the correct amount of food can be ordered and prepared by our VMH Food Service staff.

Also bring a potential new member with you to the luncheon. We need more worker bees to continue to keep our organization active.



| Tuesday, October 2nd | | Wednesday, October 3rd | |
|-----------------------|--------------------------------------------|-------------------------|--------------------------------------------------------------------------------------|
| 9:30 a.m. - 5:00 p.m. | Registration | 7:00 a.m. - 8:15 a.m. | Breakfast |
| 1:00 p.m. - 1:30 p.m. | Convention Opens Welcome & Introduction | 7:30 a.m. - 8:15 a.m. | Special Interest Meetings Public Policy Community Health Treasurers |
| 1:30 p.m. - 2:30 p.m. | Michael Koles, Keynote Speaker | 8:30 a.m. - 10:15 a.m. | General Business Meeting |
| 2:30 p.m. - 2:45 p.m. | Break | 10:15 a.m. - 10:30 a.m. | Break |
| 2:45 p.m. - 3:45 p.m. | Workshop Session Number 1 | 10:30 a.m. - 11:45 a.m. | CEO Panel |
| 3:45 p.m. - 4:00 p.m. | Break | 12:00 p.m. - 2:30 p.m. | Lunch Best of the Best Presentation Honor Points Winners |
| 4:00 p.m. - 5:00 p.m. | Workshop Session Number 2 | 2:30 p.m. - 2:45 p.m. | Break |
| 6:00 p.m. - 8:00 p.m. | Cash Bar Dinner WAVE Award | 2:45 p.m. - 3:45 p.m. | Workshops |
| 8:00 p.m. | Crafters Showcase | 3:45 p.m. - 4:00 p.m. | Break |
| | | 4:00 p.m. - 5:00 p.m. | Districts & DVS Meetings |
| | | 6:00 p.m. - 8:00 p.m. | Cash Bar Dinner Installation of New Officers Incoming President’s Reception |
| | | 8:00 p.m. - 9:00 p.m. | |
| | | Thursday, October 4th | |
| | | 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. | Beverly Epps, Keynote Speaker |
| | | 10:30 a.m. - 11:30 a.m. | Wrap Up Invitation for 2019 Convention Raffle Drawings |

2018 Convention