

SUMMER/FALL WHA VOLUNTEER PARTNERS NORTHERN DISTRICT NEWSLETTER

A Note from Ann...According to the calendar, we're in the middle of August, "The Dog Days of Summer." As a mom, I recall these days filled with school shopping, classroom orientations, early morning football practices and much more that says fall and the season is changing. Speaking of shopping, again this year there will be Traveling Gift Shops at the upcoming Fall Conference. Plan to shop for Fall and winter clothing and décor. Shopping the vendors is an important part of the experience of our fall conference. Please support them and it's so much fun!

Our District will conduct it's Fall District Meeting at the Fall Conference. A designated time is set. Find time and location in the conference schedule materials. Presidents/Advisory Board Leaders, please plan to present a short update on your activities March-October 2026. Leaders, I want to stress to you the importance of sending individuals to the conference. This gathering is a way to provide knowledge of Partners of WHA, opportunity to engage with other volunteers, hear an update on healthcare in Wisconsin from hospital CEO's and workshops to attend. Your local group should pay for the registration fee. If your treasury is low, think out-of-the-box on how you can raise funds for this special project. My suggestion: Plan for two hotel rooms, four Partners, four registrations-one carload of happy volunteers!!

I look forward to seeing all of you in October. Make sure to ask me about my recent health journey. It's quite the story.

LET'S TALK ADVOCACY

The mid-terms are important in the election cycle. The 2026 midterm election will determine control of the U.S. House of Representatives and Senate for the second half of the presidential term. All 435 seats in the House and 35 off the 100 seats in the Senate will be contested to determine the 120th United States Congress. The general election in November will cover the state's eight seats in Congress, 17 seats in the state Senate, all 99 seats in the Assembly and the states five

executive offices of governor, lieutenant governor, attorney general, secretary of state and state treasurer.

If you have the opportunity, attend an election debate live or listen to or watch interviews. Suggested websites to follow for election information:

AARP.org where you can find detailed information.

Wi.gov. A great site all about the next statewide election.

WPR.org Wisconsin Public Radio. Independent nonpartisan coverage of Wisconsin elections, voter guides, live results, and indepth reporting.

COMMUNITY HEALTH EDUCATION

This year Donna Nelson, State CHE Chair has been continuing to educate members on aspects of mental health. Her recent topic is mental health treatment and recovery programs.

Key Treatment Options:

- Psychotherapy (Talk Therapy): Involves working with a professional to identify and change negative thought patterns and behavior.
- Medication: Used to manage symptoms of mental illness often in conjunction with therapy.
- Supportive Services: Support Groups
- Crisis Care and Intensive Treatment: Inpatient hospitalization; partial hospitalization/intensive OP program, Crisis Services including 988 suicide line.

Please share any and/or all district newsletter information in your local newsletter.

CONDOLENCES

It is with great sadness that I wish to communicate to our members that Gail Tully, wife of John Tully passed away July 9. John served as a recent state treasurer and has been an active volunteer at Cumberland.

