

FYH

Nutrition and Infectious Diseases Are Related

Infection and nutrition are intrinsically related and further influence human health. Infections are a worldwide health problem and malnutrition plays a significant role in the emergence of infection. This is also more important as you age. Growing evidence suggests that the maximizing dietary nutrients is crucial in maintaining immunity and may help improve resistance to infections.

Diet nutrition is usually associated with a variety of components, systems, and processes, including the occurrence of infectious diseases. For this reason, nutritional status has crucial importance on the persistence, remission, and incidence of a wide range of infectious diseases. The body utilizes supplements from food to generate energy, keep up or fix the structures of the body, and direct or regulate your metabolism.

Nutrition affects the development of the human body immune system. The immune system, which is the body's defense mechanism against infection, relies on how well the body is nourished. Furthermore, nutrition can influence emergence of infectious diseases such as gastrointestinal infections, food poisoning, intestinal diseases, and systemic infectious diseases.

Harmful Effects of Poor Nutrition can also add to:

- Being overweight and obesity- Eating a healthy diet, along with getting enough physical activity and sleep, can help to maintain a healthy lifestyle and minimize being overweight and becoming obese.
- Developing heart Disease and Stroke
- Having Type 2 Diabetes and
- Developing Cancer

Consequences of malnutrition may affect:

- Muscle function. Weight loss due to depletion of fat and muscle mass, including organ mass,
- Cardio-respiratory function.
- Gastrointestinal function.
- Immunity and wound healing. ... During healing, your body needs more calories, protein, fluid, vitamin A, vitamin C, and zinc. The best source of these nutrients is food. If you are not eating enough healthy food, you may need to take a supplement.
- Psychosocial effects.

*Submitted by Andy Pusztai
Oconomowoc Memorial Auxiliary Member*

OHS STUDENTS ASSIST THE AUXILIARY

This fall, the Communications Workgroup reached out to Oconomowoc High School Digital Communications teachers to initiate a relationship with class students and the Auxiliary. This class of primarily high school seniors works with local businesses and nonprofit organizations to help with special projects. The students gain real life experience while the businesses gain valuable assistance that helps them succeed. It's a win-win for everyone!

On December 14, our Auxiliary team of four students met at OMH to interview and videotape Auxiliary members and volunteers, who shared their personal thoughts on what volunteering at OMH means to them. Thank you Deb Brinsko, Jean Hale, Barb Hlavachek, Darleen Irwin, Marti Klug, Sarah Schubert, and Roger Shimon

for participating in the video. Please check the website (www.oconomowocmemorialvolunteers.org) for the video to be posted soon! We hope this addition will be a successful enhancement to the website and lead to an increase in Auxiliary membership and volunteer support. The students also shared additional ideas regarding possible promotion efforts for the Auxiliary, such as excellent graphics for future banners and brochures. We thank Brayden, Sam, Dylan, and Kaiden for their help. Each one of them are commended for their hard work and their respectful, accommodating demeanor. They were a pleasure to work with, and we wish them well in their future endeavors.



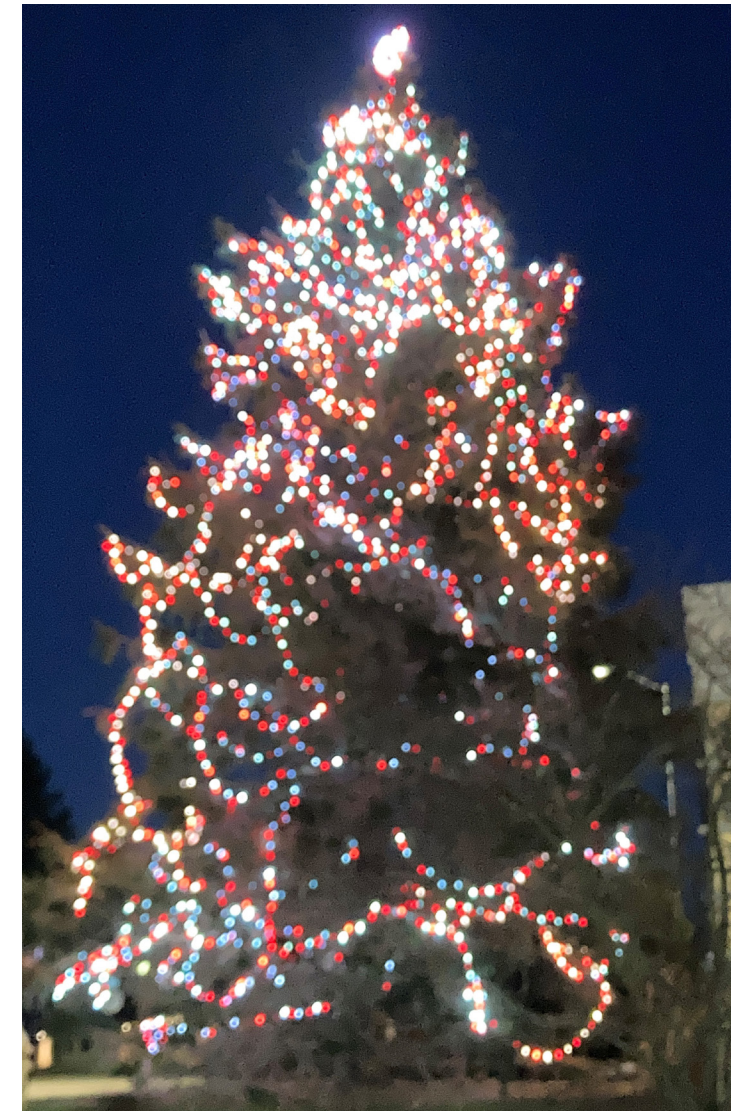
HELPING HANDS • TOUCHING LIVES

LOVE LIGHT TREE CEREMONY

It was a cold evening for our annual Love Light Tree Ceremony. We had 56 people attended on December 3! The red and white lights on the Love Light Tree brought warmth to all of those acknowledging the special people in their lives and those they may have lost. Thank you to all who worked so hard to make this year's event happen! A special thanks to ProHealth Oconomowoc Memorial Facilities department, Next Electric who installed the lights on the tree.

Thanks to our team of volunteers who have spent countless hours writing acknowledgements to the many donor recipients and our generous sponsors:

- Deb Brinsko
- Nancy Doerfler
- Donna Flaherty
- Sue Gilmore
- Jean Hale
- Barb Hlavachek
- Lura Jennings
- Jean Krause
- Bev Mueller
- Kathy Petrarca
- Julie Roberts
- Linda Rupnow



A great big thank you to our tree lighters, Adam McCartney OMH Facilities and Craig Skoug PHC Security, and Mike Husband for A/V support.

Finally, a very special thank you to Chairperson Pat Oestreich for all of her hard work!

FRIENDS, FUN & FASHION 2023 STYLE SHOW, LUNCHEON AND RAFFLE

It is time to start planning for our annual SPRING STYLE SHOW, LUNCHEON AND RAFFLE, which will be held at the Golden Mast on Thursday, May 11, 2023.

Kathy Petrarca is the Style Show, Luncheon and Raffle Chairperson.

Nancy Doerfler and Bev Mueller will serve as our Hospitality Chairpersons

The Raffle Committee members are Sue Gilmore – Chairperson, Jean Krause, and Arlene Zander- Prizes. Raffle Tickets prices will remain at \$5 each; 3/\$10 and 10/\$25

Pat Oestreich and Barb Baker will contact and coordinate with the stores and models. They are going to reach out to the stores to see who would like to participate. We welcome Domani Salon and Spa back to do hair and make-up for the models.

For those of you who attended last year's event, you know that it was a huge success. We are asking for your support to make this year's event equally successful.

For more information on how you can donate your time and talents, please contact Kathy Petrarca (262-367-3628)

The designations for the funds raised from the Style Show will benefit ProHealth Oconomowoc Memorial Hospital and Other Worthwhile Causes.

2023 Style Show, Luncheon and Raffle Committee

COLLETTE TRAVEL

We have had great success with this program in the past, and we are not willing to give up on it! We will be getting our team back together in 2023 to start planning. Stay tuned for more.

AUXILIARY BAKE SALE 2022

A great big thank you to all of you who contributed to the bake sale in December! We had an excellent selection of breads, cookies, bars, and snacks. The sale was a wonderful success, raising over \$500.00 in just a few hours.

Many thanks to the dynamic duo-Shirley Krause and Marty Pike, who's organization and skills at sales made all the difference.



AUXILIARY/VOLUNTEER ACCOMPLISHMENTS

Even with the constraints of COVID 19, Oconomowoc Memorial Auxiliary has continued to raise funds for ProHealth Oconomowoc Memorial Hospital. Love Light Tree, Kwik Trip car wash card sales, Nothing Bundt Cakes sales and of course a very successful Style Show, Luncheon, and Raffle as well as the proceeds from The Gift Box Boutique. All proceeds go directly back to the hospital for department needs, toward medical scholarships and worthwhile community needs. With this year's pledge, the Auxiliary has contributed \$39,961,130.37 to ProHealth Oconomowoc Memorial Hospital since our inception in 1953. What a remarkable effort on the behalf of our members – **Congratulations and thank you!!**

JINGLE MINGLE

On November 16th, we were excited to get together with many Auxilians, Volunteers and Guests. The clubhouse at Shorehaven was the perfect setting!

We enjoyed spending time together with wonderful food, a fun game, and some fabulous door prizes. We look forward to next year's event and hope more of you will join us!



AUXILIARY PROMOTION OPPORTUNITIES

The website is a major component of Auxiliary promotion plans and initiatives and is maintained by the Communications Workgroup. Please go to www.oconomowocmemorialvolunteer.org often to stay up-to-date and plan for various Auxiliary events and fundraisers. There's an Events page and News page to keep everyone in the know, plus a handy calendar listing of activities to look forward to. Bookmark the Auxiliary website...it's the best way to stay current!

Also remember to check out The Gift Box Boutique on Facebook. An easy way to see new merchandise offerings in The Gift Box is to go to the "Contact" page of the website, then click on the Facebook icon. You will go right to the Facebook page! Please share the website and Facebook page with your friends and neighbors and invite them to join us for events and fundraisers.

In addition, we are also regularly posting events and sales on the Oconomowoc Chamber of Commerce calendar and the "Visit Oconomowoc" website. If you have other ideas for community-wide promotion or publicity opportunities, please contact Nancy Biersack (262-490-7123). The Communications Workgroup is open to all suggestions!

OUTREACH PLANNING COMMITTEE

Many thanks for the generosity of our Auxiliary, Volunteers and Community!

Because of your kind generosity and that of the members of St Jerome Parish, the Outreach Planning Committee had the privilege of delivering items of children's, adult winter coats, and snow pants and to Lake Country Caring and Martinizing in Oconomowoc.

The members of the committee were pleased to present treat baskets full of goodies to the Admitting Department, Environmental Services Department, Facilities Department, and Food Service Department to express appreciation for all that they do for patients, families, staff, and volunteers.

We are seeking nominations for this committee. Please contact Kathy Petrarca with your suggestions.

THE GIFT BOX BOUTIQUE

Beat the winter blues by shopping in the Gift Box Boutique! There is an excellent selection of distinctive accessories, jewelry and merchandise! Do not forget about the unique sweaters, coats, jackets and tops!

New merchandise and clothing arrive weekly! A heartfelt thank you to all the volunteers who keep the Gift Box Boutique running smoothly and for selling our wonderful array of items. Thanks to all our committed shoppers for supporting our cause.

2021-2022 FISCAL YEAR

Volunteer hours for the 2021-2022 fiscal year totaled **8,477**. According to figures provided by the National Points of Light Organization, your volunteer hours have provided a cost savings of **\$252,996.64** to the hospital! Although, these numbers are lower than usual due to the one going effects of the Pandemic, this is an incredible help to ProHealth Oconomowoc Memorial and we cannot tell you how appreciative we are for your time, talents and efforts!