

SSM Health Ripon Community Hospital Auxiliary Newsletter

February/March 2024



Ripon Community Hospital Auxiliary Spring Social

Monday, April 15, 2024

Ripon Community Hospital Green Lake Room
845 Parkside Street, Ripon

Mark your calendars for Monday, April 15, 2024
from 1 - 3 pm
for our Spring Social in the Green Lake Room
at Ripon Community Hospital.

The program includes entertainment by Banjo Bill and Kinfolk, a short presentation by Pam Schmitz about her mission trip to Africa and a brief business meeting.

Registration information will be available as the date gets closer.

We hope to see you there!

If you have any suggestions about future programs, please contact me at 920-539-2150 or kanddshady@gmail.com.

Diane Shady, Chairperson, Programs
kanddshady@gmail.com
920-539-2150

Mark your calendars!
Easter Bunny Bake Sale
March 19, 2024
9 am until sold out.

MESSAGE FROM THE PRESIDENT

Can you believe it is 2024? Hope the year is looking good for you so far. The winter has not been too bad for us, outside of a few snowstorms and a cold snap. What else can we expect in Wisconsin? We have a few cold months ahead of us yet.

Lights of Love raised \$3,055. This money was used to assist with the purchase of a sit-to-stand lift unit and a Hana table retractor for interior hip surgeries for Ripon Community Hospital. Great job! Thank you for all your donations.

The Auxiliary rang bells at Walgreens for The Salvation Army on December 21. Thank you to Jeanne Payton, Barb Behlen, Don Bork, Georgia Stellmacher, Bobbie Pollesch, Jackie Halverson, and Julie Stellmacher for ringing bells for this event.

Our February luncheon will be a Spring Social in the Green Lake Room at Ripon Community Hospital on Monday, April 15, 2024 from 1 - 3 pm. We have moved this event to April due to the uncertain weather conditions we can have in the winter months. There is more information in this newsletter about the event.

Please save the date for the Wisconsin Hospital Association's Advocacy Day to be held on March 20, 2024, from 9 am - 2 pm at the Monona Terrace in Madison. Registration is open and is free.

We are making plans for our Spring Flower sale to be held in front of the hospital on May 6 and 7 from 9 am - 2 pm. We will be looking for volunteers to help with the sales.

We are also making plans for the Webster's brat fry fund-raisers on Saturday, May 25 and Friday, June 28, 2024. We will also be having a brat sale at Crossroads Market in Green Lake on Saturday, August 10.

We still have two open Board positions - Public Policy Education and Community Health Education. There is more information about these positions in the newsletter.

I'm hoping you will be able to participate in or attend some of the events we have coming up soon. It's always a pleasure to see you. Take care and stay warm as we make it through our winter season.

Julie Stellmacher, President

MEMBERSHIP

Welcome to our newest member, Julie Ketter. We look forward to working with you.

Honoring members, past and present, has been a new feature for us, and in this issue our honoree has been giving of her time and talents to the Auxiliary for the past 12 years. She has worked at numerous flower baskets and mum sales, brat fries, bake sales, etc. She has guided us through successful Lights of Love fund-raisers and coordinates the scholarship application process. However, her biggest contribution to the auxiliary has been as our trusted Treasurer. Thank you, Bobbie Pollesch!

Bring a friend with you to our social on April 15. We are always looking for new members!

Jackie Halverson, Membership, Chairperson

Shine your light so life is brighter; get a helper's high...you'll feel lighter.

~Marie Toole

WHAT'S NEW AT SSM HEALTH RIPON COMMUNITY HOSPITAL

An update from DeAnn Thurmer, President, SSM Health Ripon Community Hospital and SSM Health Waupun Memorial Hospital, and Nicole Gill, Vice President Patient Care Services & CNO, SSM Health Ripon Community Hospital and SSM Health Waupun Memorial Hospital

We have a lot going on at SSM Health Ripon Community Hospital these days - all exciting developments to help us continue our efforts to grow and offer as many services as possible at a local level. We're proud to share with you but a few of these key advancements.

BEE Award

Luke Schaefer, an SSM Health Ripon Community clinical partner II, has been named the newest recipient of the BEE (Be Exceptional Everyday) Award.

Schaefer was nominated by a colleague. The nomination read, *"Over the past couple months whenever a leader rounded on the inpatient unit, the patients regularly recognize Luke for his friendly and compassionate care. They always mention how attentive he is and how he makes them feel that they are in good hands. One family was so grateful for the care he took to always make sure their father had his hearing aids in before he would start to talk to their dad. They felt that Luke always made sure their dad had everything he needed, and this made it less stressful for them to know he was in good hands with Luke caring for him!"*

The BEE Award is specifically designed to recognize non-nursing staff members who demonstrate great teamwork and communication skills, collaboration, professionalism, exemplary service, and a commitment to excellence.



Mission in Motion Awards

Faye Becker, LPN, Ripon Community Hospital's Medical/Surgical, was recently recognized with a Mission in Motion Award from SSM Health.

Faye is a compassionate caregiver who has a previous career as a hairdresser and will often give our elderly patients in need of grooming a little tender loving care. She will trim their hair and shave or trim beards to make them feel cared for. This is special care above her nursing duties and very appreciated by our patients and their families.

The Mission in Motion Awards recognize the exceptional team members who embody our Mission and Values in their unmistakable commitment to revealing God's healing presence.



Mission Action Team

The SSM Health Ripon Community Hospital Mission Action Team sponsored the employee Christmas Tea Event for staff to celebrate the holiday with punch, cookies, and games. The Mission Action Team will be setting up a yogurt bar and an ice cream sundae bar for Valentine's Day with all proceeds going to the Employee Relief Fund.

Sodexo and Optum Transitions

SSM Health welcomed Optum employees back to our health care ministries in mid-December while our Hospitality employees moved from SSM Health to Sodexo. System, regional and local teams were active in rounding and making sure all staff felt supported during these large changes. All were focused on maintaining the services for our patients, families, and staff. This transition offers these team members expanded growth and professional opportunities. It also reduces overall costs, while helping us bolster the great work already underway across SSM Health to further improve quality, service, and outcomes.

Behavioral Health Walk-In Clinic Updates

Day Stabilization Services is now being known as the Behavioral Health Walk-In Clinic as the hospital moves away from patients being required to have an emergency room visit for screening but can be directly sent from referral sources to the unit. A program review showed that the service did not have patients during the night hours and that they were only staying three to six hours. The hours are now focused on the days and nights and staffing adjustments were made. The volumes in this department are increasing.

VOLUNTEER NEWS AND NOTES

Greetings RCH Auxiliary members:

We hope all of you had a wonderful holiday season. I'm not sure how everyone else feels but I can't believe how quickly January has come and went. Hopefully the nicer weather will arrive just as quickly.

Volunteer Services is finishing up our yearly paperwork for those who also volunteer for the hospital. Thank you to everyone that has already completed their annual paperwork and those that were able to attend our in-person Fall sessions. We will mail letters to any volunteers with overdue paperwork in the upcoming weeks. Please note this does not apply to you if you are not also a SSM Health volunteer.

I'm also happy to share that our other volunteer coordinator, Haley, is doing great in her new role. We both have been doing our best to switch up the days we travel so we hopefully get to see and interact with more of you.

Currently, Ripon Community Hospital is looking for gift shop and mobile meals volunteers so please reach out to me or any other volunteer services associate if you know someone who might be interested.

We appreciate each of you and thank you so much for everything you do. Please take care and stay healthy!

Jason Blonigen
Volunteer Coordinator
Jason.Blonigen@ssmhealth.com
920-745-3670



TREASURER'S UPDATE

Financial Report - December 31, 2023

In the second quarter of this fiscal year, we raised \$4,702 after expenses - \$3,275 from Lights of Love, \$780 from Store Roundups, \$583 from the Christmas Bake Sale, and \$64 from the Candy Bar Sale. This makes net fund raising for the six months \$7,476, more than half of the budgeted amount of \$13,280 for the year. So, our fundraising met our expectations for the first half of the year.

Gift shop sales really took off this quarter and were 37% higher than last year at this time. This year, we budgeted sales to be \$26,596 for the year and after six months, sales were \$19,649. This quarter, we funded the purchase of a Hana Table Retractor for the hospital for \$3,964 and bought supplies for the employee appreciation treats for \$119. Along with the sit-to-stand device purchased last quarter for \$6,128, total donations for the hospital were \$10,212 for the first half of the year.

We had \$46,313 in cash at the end of December. We have enough to cover the three \$1,500 scholarships that we will award in the spring, as well as the funds to meet any unplanned needs of Ripon Community Hospital. We continue to work with the hospital to identify those needs.

SSM Health Ripon Community Hospital Auxiliary Treasurer's Report			
Treasurer's Report			
Quarter and Six Months Ended December 31, 2023			
	Quarter	Year to Date	Annual
	Actual	Actual	Budget
INCOME			
Fund Raising	\$ 6,142	\$ 12,846	\$ 24,000
Donations	\$ 100	\$ 118	\$ -
Membership Dues	\$ 10	\$ 280	\$ 350
Gift Shop Sales	\$ 13,525	\$ 19,649	\$ 26,596
Total Income	\$ 19,777	\$ 32,893	\$ 50,946
EXPENSES			
Fund-Raising Expenses	\$ 1,440	\$ 5,370	\$ 10,720
Sewing Supplies	\$ -	\$ -	\$ -
Luncheons - Net	\$ 33	\$ 36	\$ 55
State Conventions/District Meetings	\$ 418	\$ 868	\$ 1,500
Organization Expenses	\$ -	\$ 57	\$ 218
Gift Shop Expenses	\$ 7,258	\$ 12,838	\$ 17,240
Total Expenses	\$ 9,149	\$ 19,168	\$ 29,733
Net Income Before Distributions	\$ 10,628	\$ 13,725	\$ 21,213
DISTRIBUTIONS			
Scholarships	\$ -		\$ 4,500
Donations for RCH	\$ 4,083	\$ 10,212	\$ 25,550
Total Distributions	\$ 4,083	\$ 10,212	\$ 30,050
NET INCOME AFTER DISTRIBUTIONS	\$ 6,544	\$ 3,513	\$ (8,837)
CASH BALANCES		\$ 46,313	

Bobbie Pollesch, Treasurer

PUBLIC POLICY EDUCATION

Advocacy Day • Wednesday, March 20, 2024 • 8 am - 3:30 pm • Madison

WHA is known for its superior government relations results and impactful advocacy on behalf of its members. The annual WHA Advocacy Day is designed to educate and motivate health care employees, trustees, and volunteers on important health care-related issues and to encourage grassroots advocacy opportunities.

Each year featured national speakers give timely insight to state and federal health care issues, and participating in state legislative visits allows attendees to advocate on behalf of their hospitals.

WHA encourages and invites hospital CEOs, CFOs, managers, nurse executives, quality managers, hospital volunteers, hospital trustees, WHA HEAT grassroots members, Partners of WHA members, WHA corporate members, and any other hospital staff interested in helping to shape the future of health care in Wisconsin communities to attend.

Register today for our upcoming Advocacy Day - <https://www.wha.org/AD-2>

Vacant, Chairperson, Public Policy Education

COMMUNITY HEALTH EDUCATION

Bipolar Disorder Basics

Bipolar disorder (BD) is a chronic, relapsing illness characterized by recurrent episodes of manic behavior or depressive symptoms with intervals that are relatively symptom free. The onset of bipolar disorder usually occurs during adolescence or in early adulthood. Bipolar disorder has a lifelong impact on patients' overall health, quality of life and day-to-day functioning.

Diagnosed cases of bipolar disorder are rising among adults and children. According to research reviewed by Joseph Blader and Gabrielle Carlson, bipolar disorder-related hospitalizations are more frequent among adults and female adolescents. Male children show a higher risk for bipolar disorder than female children. Children's bipolar diagnoses usually are more general and not reflective of a prevailing mood state. Adults' bipolar disorder diagnoses are based on outward depressive and psychotic behaviors.

There are two major types of bipolar disorder, Bipolar I and Bipolar II. Bipolar I is defined by episodes of depression along with episodes of mania, while Bipolar II is characterized by episodes of depression and hypomania. The main difference between the two types is the severity of the manic symptoms. Full mania causes severe functional impairment and can include symptoms of psychosis, often requiring hospitalization. Hypomania, on the other hand, is not severe enough to cause marked impairment in social or occupational functioning and rarely requires hospitalization.

Bipolar disorder has a big economic impact on United States health care. The estimated direct cost of PD, according to The Economic Burden of Bipolar Disorder in the United States (2020), including inpatient care, outpatient care, pharmaceuticals, and community care is \$50.9 billion. In addition, the negative impact of PD on functioning and quality of life results in indirect healthcare costs from loss of employment, loss of productivity, sick leave, and uncompensated care totaling \$158.5 billion. Bipolar disorder treatment is one of the costliest of all mental health conditions. This is the result of the need for frequent hospital stays for BD patients.

The diagnosis is complicated when the patient's initial presentation includes depressive symptoms which is true for 50% of the BD patient population. Up to 70% of patients diagnosed with BD have been initially misdiagnosed. Delayed identification of BD can result in poor clinical outcomes and increased costs. Delay in diagnosis is a specific problem for women with BD type II since the symptoms of hypomania may not be readily apparent. In addition, misdiagnosis during the postpartum period is common and women originally diagnosed with postpartum depression may be diagnosed with BD at a later time.

Treatment for BD is often conventional mood stabilizers such as lithium, valproate, lamotrigine, and carbamazepine. Lithium has been the primary treatment for BP for over 60 years. Its effect on bipolar disorder depression is limited and it does not have rapid effect in reducing acute mania. However, lithium is the only drug proved to reduce the risk of suicide in patients with BD. Sodium valproate is the most commonly used mood stabilizer for patients with BD It can be paired with lithium to treat patients needing maintenance therapy. There is some controversy over the use of antidepressants to treat bipolar disorder. When antidepressants are prescribed, specific protocols are followed to gradually taper the dosage slowly after remission of depression.

An obstacle in the successful treatment of bipolar disorder is the patient's willingness to take prescribed medications as directed. It is not uncommon for bipolar disorder patients to stop taking medication when their symptoms lessen and/or disappear.

Article by: Cindy Hermel, WHA Partners Community Health Education Chair

Vacant, Chairperson, Community Health Education



RIPON COMMUNITY HOSPITAL AUXILIARY OPEN BOARD POSITIONS

There are two open board positions. These are Community Health Education and Public Policy Education. Below is a summary of the duties for the positions. Please consider volunteering. Contact Julie Stellmacher for more information. The more volunteers, the lighter the load for everyone.

COMMUNITY HEALTH EDUCATION

The health education chairperson educates volunteers on how to promote and improve health and wellness for the organization and the community as a whole.

Responsibilities of the health education chairperson include but are not limited to:

- Educate volunteers and the community regarding current focus of the Wisconsin Hospital Association (WHA) State health initiative.
- Plan and implement health activities for membership and community members.
- Coordinate health promotion topics with WHA initiatives
- Network with other health care projects in the community
- Inform the district community health education chairperson of local activities and any special events that the local organization may sponsor regarding community health education.
- Read the community health education column in the Partners of WHA, Inc. newsletter.
- Complete the annual Local Organization Community Health Education Report and submit to auxiliary president.
- Attend monthly Board meetings and provide report for the Board.
- Submit quarterly newsletter article.

PUBLIC POLICY EDUCATION

The Public Education Policy Chair shall communicate legislative issues from information received from Wisconsin Hospital Association and the American Hospital Association to the RCH Auxiliary Board and general membership.

Responsibilities of the health education chairperson include but are not limited to:

- Educate volunteers and the community regarding current focus of the WHA State health initiative.
- Plan and implement health activities for membership and community members.
- Coordinate health promotion topics with WHA initiatives
- Network with other health care projects in the community (i.e., Drug Free Community)
- Inform the district community health education chairperson of local activities and any special events that the local organization may sponsor regarding community health education.
- Read the community health education column in the Partners of WHA, Inc. newsletter.
- Complete the Local Organization Community Health Education Report annually and submit to auxiliary president.
- Attend monthly Board meetings and provide report for the Board.
- Submit quarterly newsletter article.

GIFT SHOP

*And just like that, another new year! I look forward to what this next year holds in store for us. In the gift shop, we are already thinking of spring. We have a new large selection of jewelry, some of which is handmade by one of our own Auxiliary members. In addition to the jewelry, we have added some fun new items for spring and Easter.

I encourage you to come and browse our displays, and as always thank you for your support. Blessings.

Jeanne Payton, Chairperson, Gift Shop



FUND-RAISING OPPORTUNITIES

Upcoming Events

Easter Bunny Bake Sale

We are hosting our first ever Easter Bunny Bake Sale on Tuesday, March 19 starting at 9 am until gone. The sale will be in the hospital lobby near the gift shop. Look for your favorite Easter-themed recipes to bake for the sale. We will pack the sale items on Monday, March 18 at 1 pm. Drop off baked goods in the RCH Volunteer Room.

Barb Behlen, Chairperson



Flower Basket Sale

The flower basket sale is scheduled at Ripon Community Hospital on May 6 and 7, 2024. This is the week before Mother's Day. There are no preorders. We will be looking for people to work both days of the sale. Contact *Radene Abel, Chairperson*, at 920-229-9827 to help with the sale.

Brat Fry Fund-Raisers 2024

Mark your calendars! Brat fry fund-raisers are scheduled at Websters' Marketplace on Saturday, May 25 and Friday, June 28, 2024. Contact *Pat Albright, Chairperson*, at 920-748-3072 or 939-517-2067 to help with the sales.

There will be an additional brat sale this year at Crossroads Market in Green Lake on Saturday, August 10, 2024. Contact Barb Behlen 920-294-6229 or Georgia Stellmacher 920-346-5607 to assist with the sale.

Ongoing Fund-Raisers

Culvers Donation Jar

Customers at Culvers continue to be generous by dropping money into our donation jar on the counter.

Candy Bar Sales

We continue with our sales of Vande Walle's Candy Bars. New volunteers are needed. Volunteers take candy bars to a local business and monitor the sales. Candy bars sell for \$1.50. Anyone interested in helping can call Georgia at 920-346-5607.

Cash Register Sales Roundups

Crossroads Market has picked the RCH Auxiliary to be one of their roundup groups for 2024. Dates to be determined. Sales round up at Piggly Wiggly in Markesan will be held again in 2024 at a date to be determined.

Mark your calendar and give the chairpersons a call to volunteer for a fun time assisting at our fund raisers.

Georgia Stellmacher, Chairperson, Fund-Raising

OTHER NEWS

Staff Recognition

The auxiliary will again fill more than 200 treat bags for distribution to all staff, including physicians, with a note of appreciation and encouragement from the Auxiliary on Valentine's Day 2024.



Auxiliary Scholarships

The auxiliary will be awarding three \$1,500 scholarships to high school seniors pursuing a career in the health care field. All scholarship materials have been sent to the participating school districts, Ripon, Green Lake, Markesan, and Princeton. Students receiving the scholarships will be announced at their school's awards program. We will recognize the three recipients at the June luncheon.

You cannot get through a single day without having an impact on the world around you.
What you do makes a difference, and you have to decide what kind of difference you
want to make. ~Jane Goodall



Holiday Bake Sale was a Sweet Success.



Lights of Love Tree December 2023 without snow!



Four new benches purchased by the auxiliary will be installed this spring.

FLOWER BASKET SALE

May 6 and 7, 2024



RCH AUXILIARY BOARD

Julie Stellmacher, President

920-369-0044 | thomas.julie.stellmacher@gmail.com

Barb Behlen, Vice President & Newsletter

920-450-6525 | barbbe@charter.net

Mary Park, Secretary

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Bobbie Pollesch, Treasurer

920-229-2746 | bobbiepollesch@hotmail.com

Diane Shady, Programs

920-539-2150 | kanddshady@gmail.com

Jackie Halverson, Membership

920-539-8292 | jackiehalverson009@gmail.com

Barb Miller, Sunshine

920-291-5531 | millerbandj@charter.net

Jeanne Payton, Gift Shop & Sewing

920-229-6164 | jmpayton5@gmail.com

Georgia Stellmacher, Fund-Raising

920-346-5607 | stellmacher.gaj@gmail.com

Jason Blonigen, Volunteer Services

920-745-3670 | jason.blonigen@ssmhealth.com

Radene Abel, Flower Basket & Mum Sale

920-229-9827 | radenemae1@gmail.com

Pat Albright, Brat Fry Fund-Raisers

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