

Friends of VMH

Vernon Memorial Healthcare, Viroqua

November 2022

Update from Your President

Happy Fall! It was wonderful to visit with so many of you at our Fall Membership Luncheon. We were pleased to welcome new members, Jolene Gudgeon, Ginny Moore and Karla Hofbauer. We honored Alice Sloane, Diane Brown and Phyllis Malin with lifetime memberships for their many years of active service to The Friends. Guest Speaker, Rob Lovejoy shared his thoughts on the far reaching effects that volunteers have at VMH. CEO David Hartberg updated us on recognition VMH has received as 1 of 399 hospitals providing Outstanding Patient Experience for the second year in a row and a Top 100 Joint Replacement Facility for the third year in a row.



*Lifetime members Diane Brown,
Alice Sloane & Phyllis Malin*



Guest Speaker Rob Lovejoy

A calendar of events for the remainder of 2022 thru fall of 2023 can be found on page 4 of the newsletter. Post it on your bulletin board or refrigerator as a reminder of our meeting dates and events.

Our August Brat Sale and September Mum Sale were both very successful. Thank you to Diane Brown for chairing the Brat Sale. We netted over \$1,000.00 on this August fundraiser. Thanks DJ Brown for handling the September Mum Sale. One-hundred-ten mums were pre-ordered and another 36 sold the day of the sale.

October was a busy meeting month. Several of us attended the Partners of WHA State Convention in Wisconsin Dells October 11-13. It was the first in person

Planning for our traditional fund-raising projects and several new events is underway. Sign-up sheets are available at each meeting for you to review and contribute where you can.



*Kathryn Anderson, Julie Steiner, David Hartberg,
Janelle Cisneros & Donna Nelson
at Convention 2022.*

convention since 2019, due to the COVID 19 pandemic. We enjoyed talking with other volunteers, attending workshops, listening to speakers, and hearing from our CEO panel, which David participated in. We were fortunate to receive an Honor Point Award for completing the list of award requirements. Congratulations to Shelley Dobbe on winning a handmade child's table and chairs, one of several raffle prizes.

The Waterfront in LaCrosse was the site of our Fall District meeting hosted by Franciscan Healthcare Auxiliary on October 20th. M. Kathleen Christian, MD gave an informative presentation on Breast Health.



*Friends attending the Fall District Meeting were:
Janelle Cisneros, Kathryn Anderson, Bonnie Rath,
Diane Brown, Donna Nelson, Phyllis Malin, Trudy Wallin
& Julie Steiner*

At our October Friends meeting we approved an expenditure of \$2,500.00 to fund an audiometer, nebulizer machine and color blindness test books for VMH clinics.

President's Report cont.

Upcoming events include decorating our Lovelight Trees in the hospital lobby on November 21st beginning at 10:00 am. We could use a few more helping hands with this. A video recording of the lighting of the trees will be produced on November 23rd. Lovelight donation envelopes are already available at clinics and our Gift Shop. Please consider purchasing Lovelights in memory of or in honor of your loved ones.

Saturday, December 3rd Friends of VMH will have a booth at the Holiday Craft & Vendor Fair at Pedretti's Party Barn. The event runs from 9:00 am to 3:00 pm. We will be making and selling popcorn and selling handmade items that our members have made. We will also have a small display of merchandise from our Gift Shop for sale.

Please get your handmade items to me or leave in the Gift Shop by Wednesday, November 30th. We will be setting up our booth on Thursday, December 1st.

Thursday, December 8th is our Gift Shop Open House from 10:00 to 4:00 and our Holiday Bake Sale from 10:00 to 2:00. Bake Sale tables will be located in front of the Gift Shop. If you haven't already signed up, please plan on contributing homemade baked goods. You may also choose to provide a cash donation. Cash donations may be left in the Gift Shop or mailed to our Treasurer, Linda Wagner at E9477 Cty. Rd. SS, Viroqua.

Don't forget to pay your 2023 membership dues. Dues are \$20.00. You may leave your payment in the Gift Shop, send to Linda Wagner at the address above or send to Membership Chair, Alice Sloane at S4215 Cty. Rd. B, Viroqua.

Remember, we do not have a meeting in December.

Thank you for all you do to support the Friends of VMH.

Julie



VMH Pumpkin decorating contest judges (l to r) Phyllis Malin, Mary Wilkie, Kim Littel and Alice Sloane.

To the Friends of VMH,

Thank you so much for selecting me as a scholarship recipient for the year 2022-2023. As I delve into my first year as a Physician Assistant student, I have come to truly appreciate the positive impact that this scholarship has on my educational experience. I am so grateful to have the support of such a wonderful program from my home community.

I began the Physician Assistant program at the University of Wisconsin-Madison during May of this year. This past summer, I spent my time reviewing physiology, learning the basics of a complete physical exam, and exploring the complexities of the body in Anatomy Lab. This fall, I am in a Women's Health course, Clinical Pharmacology, Diagnostic Methods, Clinical Methods, Clinical Prevention and Community Practice, Advanced Patient Evaluation, and Microbiology. As you can see, I am busy preparing for my clinical year rotations which will begin in May 2023! I am hoping to spend a couple rotations here at VMH to learn from the incredible providers here.

I cannot emphasize enough how much this scholarship has allowed me to further my education and pursue this career path as a Physician Assistant. I am so grateful for the support The Friends have shown me through the years by selecting me as a scholarship recipient. Thank you for providing me with this incredible opportunity and I hope to pay it forward through my practice some day.

Thank you again for choosing to support me in my educational journey and I wish you all a happy fall!

Claire Anderson
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PPE Report

Trudy Wallin

Eight members of the Friends attended the Partners of WHA Western District Fall meeting. This meeting is always a good source of public policy education.

Hospital staffing, COVID issues, the return of volunteers to hospitals and HEAT (Hospitals Education and Advocacy Team) membership were all topics that were addressed.

There were eleven legislative issues this year which WHA asked HEAT members to discuss with their lawmakers. As a member of the Friends of VMH and Partners of WHA, I urge you to go online and join HEAT. Membership is free.

Save the date for WHA Advocacy Day 2023....April 19th. Plans are for this event to be held in person in Madison.

CHE Report



Donna Nelson

What a beautiful fall we have had. WHA Partners Annual Fall Convention was held in October in Wisconsin Dells. We received an updated annual report from our State CHE Chair, Sue Schuelke. The following details the information shared with us all.

Most of the focus the past 2 1/2

years has been about the ongoing COVID-19 pandemic, now moving forward in the endemic phase. That is certainly good news but taking necessary precautions when the situation warrants is wise, ie vaccines, masks, social distancing.

When we first began looking at this health topic, you may recall the statement made about infectious disease being around us constantly. We see this playing out with recent reports on infectious or communicable disease (other than COVID-19) occurring on state, national, and global levels. Here are few highlights on what's in the news:

Monkeypox:

- First cases in NY, CA, and IL; now a global health emergency.
- Vaccination focused on those most affected.
- To be labeled a sexually transmitted disease. This is debatable -it can be acquired through skin-to-skin contact, not just sex.
- Stigmatizing with highest rate of infection in the gay/bisexual community. Anyone can get Monkeypox.

Polio:

- A case in NY found through wastewater testing. (Unvaccinated individual)

Salmonella:

- Found in shelled peas at some Wisconsin farmer's markets and JIF brand peanut butter.
- Myturtlestore.com, online retailer, sale of undersized pet turtles. (illegal)

E. Coli:

* Found to be present in lettuce at some Wendy's restaurants.

West Nile Virus:

- Two animals in Wisconsin tested positive for West Nile Virus. (Mosquito borne)

Listeria:

- Big Olaf Brand Ice Cream-sold only in Florida.

Recent reports show high volumes of RSV (Respiratory Syncytial Virus) locally and predictions of an extremely volatile flu season. Getting your annual flu shot is recommended to protect you. COVID-19 boosters are also available and recommended.

Leave a light on for a loved one
this holiday season.

Lovelights

Sponsor a Lovelight in memory of a loved one who has passed
or to honor an individual at this special time of the year.

 **\$5** per Lovelight

The holiday season gives us the chance to reflect and honor those close to our heart. Through the holidays the Friends of VMH will light trees in memory and honor of our loved ones. This tradition was begun by Auxilian Ruth Ottoson. Lovelights may be purchased for \$5.00 per person per light.

*Please include this form with your donation.
Checks made payable to Friends of VMH.
Return to VMH Gift Shop*

Your Name

Address

Phone

Names in Honor of

Names in Memory of

2022-2023 Friends Calendar of Events

November 14

Friends of VMH Mtng. Lunch 11:30 Meeting - Noon
Medical Office Bldng. Conf. rooms
Toys for Tots fundraiser

November 21

Lovelight Tree Decorating Hospital Lobby 10:00 am

December 3

Friends booth at Pedretti Party Barn Craft & Vendor Fair
9:00 am - 3:00 pm

December 8

Friends Bake Sale & Gift Shop Open House
Bake Sale 10-2 Open House 10-4

January 9

Friends of VMH Mtng. Lunch 11:30 Meeting - Noon
Medical Office Bldng. Conf. rooms

February 1 -11

50/50 Raffle

February 13

Friends of VMH Mtng. Lunch 11:30 Meeting - Noon
Medical Office Bldng. Conf. rooms

March 13

Friends of VMH Mtng. Lunch 11:30 Meeting - Noon
Medical Office Bldng. Conf. Rms.

April 10

Friends of VMH Mtng. Lunch 11:30 - Meeting Noon
Medical Office Bldng. Conf. rooms

April ???

Nutman USA Sale
date to be determined

April 19

Advocacy Day - Monona Terrace, Madison

Spring Western District Meeting

date to be determined

May 7-13

National Hospital Week
provide cookies/bars during staff lunch

May 8

Friends of VMH Mtng. Lunch 11:30 - Meeting Noon
Medical Office Bldng. Conf. rooms

May 8-26

Remember a veteran with the purchase of a \$1 or \$5
American flag

May 12

Geranium Sale 8:00 - 2:00
Hospital Main Entrance

No regular meetings

June, July, August

July 20

Mum Pre-orders begin

August 23

Brat Sale 11:00 - 1:30
Hospital parking lot

September 11, 2023

2023 Fall Membership Luncheon

September 20, 2023

Mum Sale and Pre-Order Pick-Up 6:30 - 4:30

October 2023

Partners State Convention - Stevens Point



Group photo taken at
our Fall Membership
Luncheon