

HEARTLINE

AUXILIARY NEWSLETTER • NOVEMBER 2019

MESSAGE FROM THE PRESIDENT

As autumn approaches, we begin to make plans for our winter activities. Between brat and mum sales, we have had some busy months. Our mum and brat sales have surpassed last year's sales. Thank you to everyone that helped with these projects.

On September 19, Bobbie Pollesch, Ann McDonald and Jackie Halverson attended the district meeting at Ascension Mercy Hospital in Oshkosh. They came back with some very interesting information on "Mental Health & Wellness for Kids" in the Fox Valley area and the "Senior Behavioral Health" unit at Ascension Mercy Hospital in Oshkosh. Jackie Halverson has volunteered to be the district community health educator. Thank you, Jackie, for doing this.

Barb Behlen, Mary Schieffer, Georgia Stellmacher and I attended the Partners of Wisconsin Hospital Association (WHA) State Convention at the Red Lion Hotel and Convention Center in Appleton from October 1 to 3, 2019. Rob Toonkel, manager of Volunteer Services at Arnot Ogden Medical Center in Elmira, New York, was the keynote speaker, and spoke on "The Impression I Get" exploring the challenges and simple program additions to change the impressions of your volunteer program and hospital environment to benefit you. The group also attended workshops on "Running a Meeting," "Successful Fund-Raising," "Current Issues in Health Care," and "Gift Shops." It was a very informative conference. Ripon Medical Center was again awarded an Honor Points certificate for fulfilling the requirements listed below and submitting the necessary documentation. Congratulations to the Ripon Medical Center Auxiliary!

WHA Honor Points

Annual Reports - Completed and mailed by due date	10 Points
Newsletters - Minimum of three per year	4 Points
Spring District Meeting - Two delegates	6 Points
WHA Advocacy Day Attendance	4 Points
Fall District Meeting - Two delegates	6 Points
Annual Convention - Two delegates	5 Points each (maximum of two)



Partners Annual Convention Display	2 Points
Student Scholarships in Health Career Field	4 Points

A holiday cookie and bake sale is scheduled on Tuesday, December 17 in the hospital atrium. Christmas cookies, breads or bars can be dropped off in the Volunteer Activity Room on Monday, December 16 by 12:30 pm. Thanks for all your help to make this a success again this year!

The Lights of Love ceremony is scheduled for Thursday, December 12 at 6 pm. in the Journeys Commons. We will be raising money for a second gurney for the trauma rooms in the Emergency Department. Raffle tickets went on sale October 14. We have been generously given two tickets to the UW vs. Notre Dame football game at Lambeau Field on October 3, 2020 by a friend of the Auxiliary. Another friend has donated a Christmas quilt, along with many other baskets to be raffled off.

Our next luncheon/meeting is scheduled at Maplecrest Manor on Monday, November 25, 12 to 2 p.m. Always a nice change of venue and the food is delicious with added entertainment.

We welcome anyone who wishes to join us at one of our board meetings. It is a good way to see what your board is doing. Hope to see you at some of our upcoming events.

Julie Stellmacher, President

TREASURER'S REPORT

The financial report at September 30, 2019 is for the first quarter of our fiscal year. During this quarter, we had a Nutman sale, a women's accessory sale, gadgets, gifts and a brat fry and a mum sale. We started a new fund-raiser this quarter, a candy bar sale. All these fund-raisers are on track with budget.

Membership dues are below budget. We are still collecting dues for the 2020 fiscal year. Three members attended the district meeting in September. Four members will attend the state convention in October.

Gift shop sales were 4 percent above last year at this time. We have many new things in the gift shop and expect sales to increase accordingly.

We donated \$878.62 to purchase salad bar equipment for Food Service at Ripon Medical Center.

We had \$26,380.56 in cash at the end of September.

Bobbie Pollesch, Treasurer

RMC Auxiliary, Inc. - Treasurer's Report - Quarter Ended September 30, 2019

	Quarter - Actual	Annual - Budget
INCOME		
Fund-Raising	\$5,436.47	\$19,165.00
Donations	69.15	280.00
Membership Dues	490.00	750.00
Gift Shop Sales	5,703.03	34,848.00
Total Income	\$11,698.65	\$55,043.00
EXPENSES		
Fund-Raising Expenses	\$2,812.19	\$5,635.00
Sewing Supplies	-	100.00
Luncheons - Net	(182.00)	(22.00)
State Conventions/District Meetings	498.23	1,140.00
Organization Expenses	92.16	269.00
Gift Shop Expenses	7,120.28	25,360.00
Total Expenses	\$10,340.86	\$32,482.00
Net Income Before Distributions	\$1,357.79	\$22,561.00
DISTRIBUTIONS		
Scholarships	-	3,000.00
Donations for RMC	878.62	19,255.00
Total Distributions	\$878.62	\$22,255.00
NET INCOME AFTER DISTRIBUTIONS	\$479.17	\$306.00
CASH BALANCES	\$26,380.56	

VOLUNTEER NEWS AND NOTES

Hello, Auxilians -

As I write this letter, the weather has a chill in the air and our family finished harvest at the farm two days ago. Thank the Lord for enough days without rain to chop corn! My three year old loves this time of year as he gets extra tractor time with daddy and grandpa - and he even chopped until 2 a.m. with them last week. Unbelievable the amount of energy and heart for farming that he has!



While tiring, this is my favorite time of the year. Watching the farmers in the field, the caramel apples, hot cider, hayrides and mums. Simply beautiful. Speaking of that, congratulations to the Ripon Medical Center Auxiliary on its third successful mum sale! Thank you to each auxilian who helped at the sale or purchased a mum.

By the time this newsletter arrives in your home, Volunteer Services should be wrapping up its 2019 annual education series. If you're a volunteer, please ensure your annual education competency packet, quiz, TB survey and flu vaccines are complete by October 31. If you do not get the flu shot or are planning on snow birding, please let me know so I can update the volunteer schedule.

As you look ahead to the holiday season of thanks and joy, please be sure to save the date for the upcoming events:

- The Ripon Medical Center Auxiliary luncheon is coming up on Monday, November 25 at Maplecrest. Please RSVP to me at Kimberly.bresser@ssmhealth.com or (920) 745-3670 by Tuesday, November 19 at 4 p.m.
- Nutman Sale: Wednesday, December 11, from 9 a.m. to 3 p.m. This is a great opportunity to get last-minute stocking stuffers or Christmas host gifts!
- The Ripon Medical Center Volunteer Services and Auxilian Christmas Blessing on Wednesday, December 11. Watch your mailbox for your invitation!
- Lights of Love: Thursday, December 12, at 6 p.m. in the Ripon Medical Center Commons area.
- Ripon Medical Center Auxiliary Bake Sale: Tuesday, December 17. If you would like to bake items for the sale or help at the sale, please contact Barb Behlen.

As I close out this note, please remember to tell your friends about volunteering. During the holiday season, some people find themselves looking for ways to give back or get involved and we'd love to have them join our team! The first step is to apply at agnesian.com/volunteer, but I'm always available to answer any questions about the opportunities we have available at Ripon Medical Center.

Here's to a wonderful Thanksgiving and Christmas season.

Kim Bresser, Volunteer Coordinator, Ripon Medical Center & Waupun Memorial Hospital

FUND-RAISING OPPORTUNITIES

The four brat fry events this season were again a success. We raised \$1,623 under Pat Albright's leadership. The mum sale raised \$1,352 under Radene Abel's leadership. It was 12 percent more than the previous year. A big thank you goes to both these chairpersons! Radene will again be chairing the flower basket sale. Watch for information in the next newsletter.

We are looking forward to the December 17 bake sale. Let's bake all our favorite recipes for others to buy. Barb Behlen is chairperson for the is event.

Lights of Love is in full motion. Contact Bobbie Pollesch if you have any questions. Let's all sell those Lights of Love raffle tickets and Lights of Love! Extra tickets are available at the information desk or in the gift shop.

Thank you to all who participate in our fund-raisers. Without a team, the fund-raisers would not be a success. If you have

questions about any of our fund-raising projects, feel free to contact me.

Georgia Stellmacher, Chairperson, Fund-Raising

CANDY BAR SALES

Our first candy bar fund-raiser is doing very well. Candy bar sales raised more than \$550 in less than two months. Thank you everyone for helping make this a fund-raiser where we can continue to make money with no set up. We do plan to make it an ongoing fund-raiser with your help. Thank you and come pick up a box of candy bars at the gift shop!

Georgia Stellmacher

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Sandy Krueger

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WHAT'S NEW AT RIPON MEDICAL CENTER

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



Sherm's Stretcher

Thanks to a generous donation to The Foundation for Ripon Medical Center from Warren "Sherm" and Charlotte Sherman, the Ripon Medical Center Emergency Department now has a Stryker Prime X X-ray stretcher to help move patients who have experienced a bad fracture. The RMC Auxiliary's Lights of Love will raise funds to purchase another for portable X-ray needs.

Sherm saw the need after dislocating his hip and coming to Ripon Medical Center for care. The stretcher avoids moving the patient as it has a two-inch gap under the mattress which allows X-ray plates to go under the patient keeping them as comfortable as possible. This stretcher will be utilized for trauma patients, patients presenting with dislocated or broken bones, and the inpatient nursing unit patients as well. The Ripon Medical Center emergency department trialed this stretcher in May 2019. Medical Imaging was also able to conduct trial X-rays to view the overall quality of images. The stretcher allowed them to capture the images more quickly since they did not have to move the patient, and it provided more comfort to the patient since they did not have to be moved or repositioned. The trial stretcher was also used on a few patients in the emergency department throughout the trial period with success and greater patient comfort.

Pulmonary Rehabilitation Certification

Ripon Medical Center's Pulmonary Rehabilitation program has been certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification is recognition of Ripon Medical Center's commitment to improving the quality of life of patients by enhancing standards of care.

To earn accreditation, Ripon Medical Center's Pulmonary Rehabilitation program participated in an application process that requires extensive documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other related professional societies. Each program's application is reviewed by the AACVPR Program

Certification Committee, and certification is awarded by the AACVPR Board of Directors.

Medical Imaging Hallway

Individuals who utilize the Markesan Room are asked to exit to their left when leaving and utilize the service hallway as opposed to the Medical Imaging hallway where patients are being seen and desire privacy. Watch for signs that will help and leaders are asked to orient new employees on the most appropriate route to enter and exit.

Laundry Hampers

The Intensive Care Unit and Medical/Surgical will be utilizing bigger linen hampers in patient bathrooms to help eliminate clutter and better facilitate larger volumes of soiled linens. These hampers were piloted at Waupun Memorial Hospital and showed an enhancement on patient experience scores. Environmental Services will be emptying once a day once they are assembled and in place.

It's That Time of the Year Again: Influenza Prevention

The best way to prevent seasonal flu is to get vaccinated every year. Everyone six months of age and older should get a flu vaccine every season with rare exception. Vaccination is particularly important for people who are at high risk of serious complications from influenza.

Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Individuals should get a flu vaccine before flu viruses begins spreading in their community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. The Centers for Disease & Prevention Control (CDC) recommends that people get a flu vaccine by the end of October, if possible.

DeAnn Thurmer, President & Chief Nursing Officer, Ripon Medical Center and Waupun Memorial Hospital

MEMBERSHIP

Membership dues need to be paid as soon as possible. If you haven't yet paid them, you can drop them off at the hospital gift shop. Membership dues for 2019-2020 are \$7.

Bring a friend to the next meeting. We are always looking for new members!

Donna Schulz, Chairperson, Membership

COMMUNITY HEALTH EDUCATION

Upcoming learning opportunities throughout 2019-20

Fun experiences and learning opportunities are coming to Ripon Medical Center! There will be presentations by local experts during the year! Please check the community health education articles in future issues of this newsletter. The topics may include safety procedures for individuals, mental health issues, healthy living and unhealthy addictions. If you are interested in learning about any particular topic, please contact Barb Benkoski at (920) 229-6340.

Mental Health and Substance Use Disorder Parity

The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the same level of benefits for mental and/or substance use treatment and services that they do for medical/surgical care. MHPAEA was expanded to ensure that qualified plans offered on the Health Insurance Marketplace cover many behavioral health treatments and services.

Creating Community Connections for Mental Health

Faith and community leaders are often the first point of contact when individuals and families face mental health issues or traumatic events. In fact, in times of crisis, many will turn to trusted leaders in their communities before they turn to mental health professionals. When leaders know how to respond, they become significant assets to the overall health system.

Faith and community leaders can help educate individuals and families about mental health, increasing awareness of mental health issues and making it easier for people to seek help. Community connectedness and support, like that found in faith-based and other neighborhood organizations, are also important to the long-term recovery of people living with mental illnesses.

Faith communities are also in a unique position to reach many of the millions of Americans who struggle with serious thoughts of suicide each year. Many people having thoughts of suicide feel hopeless, trapped, or are in such emotional pain or despair, that they struggle to face another day. Suicidal thoughts are often accompanied by a spiritual crisis or deep questioning about the purpose of life. If faith leaders are better able to recognize the signs of suicide and learn how to respond, they can serve as an expanded safety net for those most in need.

<https://www.mentalhealth.gov/talk/faith-community-leaders>

<https://www.mentalhealth.gov/>

Barb Benkoski, Chairperson, Community Health Education

PUBLIC POLICY EDUCATION UPDATE

Be aware that older adults with hearing loss have a higher likelihood of experiencing memory loss, reduced social activity and higher psychological distress than people without hearing loss. Get your hearing tested, it is important. You may not notice it but could be something to be aware of.

Hospitals Education & Advocacy Team (HEAT)

As the leading voice on health care in Wisconsin, the Wisconsin Hospital Association's Hospitals Education & Advocacy Team (HEAT) is the statewide network designed to facilitate YOUR grassroots involvement in health care public policy. The HEAT program provides you with the information, strategy and assistance you need to share your insight on how legislative issues impact hospitals and the communities they serve. Stay informed of the issues and join thousands of others in making the voice of Wisconsin hospitals heard loud and clear. Sign up for HEAT today. Contact Kari Hofer at (608) 274-1820 or by e-mail at khofer@wha.org.

Sandy Krueger, Public Policy Education, Chairperson

GIFT SHOP

It is a fun time of the year; the beauty of Fall and changes in the weather. Lots of changes in our attire also to accommodate all the changes in temperature. Ponchos and wraps have returned due to popular demand.

Our shelves are full so come to browse and buy Christmas items to meet your gift-giving needs, such as home décor, jewelry, scarves and gloves, snowmen, ornaments and many, many other lovely things. Don't forget the Hughes' Candy which always makes for a great gift.

Hope to see you and your friends at the gift shop! Thanks to all our volunteers that make it a fun place to be! You might even enjoy joining our team!

Mary Schieffer, Chairperson, Gift Shop



LIGHTS OF LOVE AND RAFFLE

Lights of Love are now on sale. Brochures are available at the information desk and the gift shop. Please remember to honor your loved ones by purchasing a light on the tree outside the Journeys Commons. Be sure to also tell your friends and family about this important project.

Raffle tickets are also available for purchase at the information desk and the gift shop. Ticket cost is one for \$5, three for \$10 or 10 for \$20. There are six prizes being raffled off, including two tickets to the Wisconsin Badgers vs. Notre Dame Fighting Irish football game at Lambeau Field on October 3, 2020. We again have a \$400 cash prize generously donated by BMO Harris Bank. The prizes are on display at Ripon Medical Center. If you are willing to help sell raffle tickets, please see Kim Bresser.

The tree lighting ceremony is scheduled on Thursday, December 12 at 6 p.m. in the Journeys Commons. Refreshments, along with entertainment by the choir from Our Saviour's United Church of Christ and a children's bell choir directed by Lori Ehster, will be provided. We will also draw for the raffle prizes that evening.

Proceeds from the sale of lights and raffle tickets will be used to fund the purchase of a second gurney in the Emergency Department trauma rooms to improve the comfort of patients with bad fractures when taking X-rays.

Thank you to all who have helped with this project so far: Radene Abel, Pat Albright, Barb Behlen, Barb Benkoski, Dorothy Evensen, Karen Gross, Jackie Halverson, Nancy Kuhn, Ann McDonald, Barb Miller, Mary Park, Carol Prellwitz, Judy Robbert, Marty Schattschneider, Donna Schulz, Diane Shady, Mary Stein, Georgia Stellmacher, Julie Stellmacher, Joann Strandell, and Frank Vantaggi. A special thank you to Kim Bresser and Shelly Haberman who have done a lot of work preparing for this event.

Bobbie Pollesch, Chairperson, Lights of Love 2019



DELICIOUS DELIGHTS FOR THE HOLIDAYS

The Ripon Medical Center Auxiliary is hosting its annual bake sale, Delicious Delights for the Holidays, at Ripon Medical Center on Tuesday, December 17 from 9 a.m. until gone. Come and buy your holiday goodies!

Baked items - such as Christmas cookies, candy and breads, etc. - are needed. Please indicate on package whether food includes nuts or is gluten free. The Auxiliary has again purchased some cut out cookies to add to our sale.

Drop off is from 9 a.m. to 12:30 p.m. on Monday, December 16 in the Ripon Medical Center Volunteer Activity Room. You can package your baked items or bring them in bulk to be packaged by the volunteers. Volunteers and bakers are needed!

Barb Ann Behlen, Chairperson, Delicious Delights for the Holidays



RMC AUXILIARY BOARD MEMBERS

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UPCOMING EVENTS

October 14	Lights of Love Light & Raffle Ticket Sales Begin	
November 13	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
November 25	Auxiliary Luncheon/Meeting, Maplecrest	12 to 2 p.m.
December 11	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
December 11	Volunteer & Auxiliary Christmas Blessing	12 to 1 p.m.
December 12	Lights of Love Tree Lighting Ceremony	6 to 7:30 p.m.
December 16	Delicious Delights for the Holidays Bake Sale Packaging	12:30 to 2 p.m.
December 17	Delicious Delights for the Holidays Bake Sale	9 a.m. to 2 p.m.
January 8	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
February 1	Flower Basket Sale	Ongoing to March 6
February 12	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
February	Treats for Your Sweets Bake Sale	9 a.m. to 2 p.m.
February 24	Auxiliary Luncheon/Meeting, RMC	12 to 2 p.m.
March 11	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
March 18	Advocacy Day, Madison	
April 9	Lakes District Meeting, Waupaca	



RMC AUXILIARY LUNCHEON/MEETING

Join us on Monday, November 25 at Maplecrest, 150 N. Douglas Street in Ripon, at 12 p.m. Enjoy a wonderful lunch prepared by the chefs at Maplecrest, visit with the residents and enjoy the entertainment of Casey Carney.

The cost for the luncheon is \$7 and can be paid at the door. RSVP to Kim Bresser no later than Tuesday, November 19 by calling (920) 745-3670 or by e-mail at Kimberly.Bresser@ssmhealth.com. Please indicate if you have any special dietary needs. Reservations made and not honored will be charged the cost of the lunch.

We are happy to announce through your generosity at our September meeting, the donation collection for the Restoring Hope Transplant House was \$265. Thank you!

If you have any suggestions about future programs you would like to see at our auxiliary luncheon/meetings, please contact me at kanddshady@gmail.com or (920) 539-2150.

Diane Shady, Chairperson, Programs



Casey Carney

No one is more cherished in this world than someone who lightens the burden of another.
Thank you. ~ Author Unknown