



Partners of The Richland Hospital & Clinics Spring 2026 Newsletter

Update from Your President

With weather like today's, it's really feeling like Spring has sprung! I hope many of you get a chance to get out and enjoy the sights, sounds, and smells of Spring.

Before I go too much further, I want to get some important dates to all of you for your consideration:

April 6 – Western District Partners meeting

April 23 – Partners of TRHC Spring mtg, 9am in Pippin #1

May 8 – Spring Bake Sale and Lobby Shoppe Open House

July 23 – Partners of TRHC Summer mtg

We will also be represented at the **Living 55+ Senior Expo** at the Community & Senior Center on April 9 as part of a membership recruitment activity. Be sure to stop by and say hello!

Lobby Shoppe News

Spring has definitely sprung in the Lobby Shoppe as well, and rumor has it there is more décor and apparel on its way so be sure to stop in! We will be switching back to M-F hours in April, and after evaluating sales times, will be keeping the 10am to 2pm hours of operation with the exception of special sale times such as the Open House and Bake Sale. Likely hours there will be 7-2 or 7-3. Watch our Facebook page or the flyers when they come out.

We would love, love, love to be open longer, but that would require a few more volunteers willing to staff in the Shoppe. Contact Sarah Stibbe, Volunteer Coordinator, at (608)647-1883.

Public Policy Education Update

Partners President Cindy Chicker attended WHA Advocacy Day in Madison along with Bruce Roesler, Ken Nelson, Ed Leineweber, Carolyn Andersen, David Kepler and Teri Richards from the hospital. Total attendance for the day was 1100 at the Monona Terrace. As always, there was a very informative program planned which covered not only local, but national politics as well. After lunch we were prepped to go up to the Capital building to meeting with two representatives. The topics there included the importance of passing the Next of Kin legislation, workforce issues in healthcare, and the positive effect of improving hospital Medicaid reimbursement in Wisconsin in the last State budget.

Memorable statement when all was said and done: "Politics is like sand – it gets into everything!"

Community Health Education Update



With reports of Norovirus in the area, our Community Health Educator, Cindy Hanold, wanted to be sure the word was spread to the membership. Outbreaks of Norovirus are most common from November to April. The symptoms of nausea, vomiting and diarrhea develop 12-48hrs following exposure with recovery in about 1-3 days. However it is important to note that a person can spread the virus up to 2 weeks or more after feeling better. While there is no specific treatment other than drinking plenty of fluids to prevent dehydration, symptomatic treatment such as anti-nausea medications can be taken if necessary. Best prevention? No surprise there – use of proper handwashing techniques with soap & water

and sanitizing of food preparation equipment are two of the key ways to prevent spread.

Also from Cindy -



March is National Kidney Month. Statistics show that 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure or family history of kidney failure. Many Americans are not even aware that they already have the disease because symptoms don't show until the disease has progressed.

So what can we do? Check out the following:

1. **Control your blood pressure (and diabetes if you have it)**
2. **Exercise often.** Regular exercise keeps your kidneys healthy by keeping things moving and controlling your blood pressure
3. **Cut out processed foods.** They tend to be big sources of sodium, nitrates, and phosphates, all of which have been linked to kidney disease
4. Try to **reduce over-the-counter pain medications.** They may help with aches and pains, but they greatly damage your kidneys.

Did You Know That

- Partners has over 50 members?
- Partners awarded \$6000 in scholarships to students going into healthcare careers?
- Partners contributed \$7644 towards equipment for the Rehab Department?
- Partners members donated over 3390 volunteer hours to the Hospital in 2025?

P.S. – at the Spring meeting on April we've added a "Bring a book, take a book" activity so please plan on participating!