

10/14/2022

Dear Gundersen Partners Members,

"There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start again." – Ruth Ahmed

I believe that the good we do through Partners contributes to many in small and large ways...also allowing others in our community a chance to peel, to refresh, to start again. I cannot think of a better gift.

We would not be able to give as much as we do without the incredible work of our staff and volunteers in the Gundersen Gift Shop in La Crosse which is the greatest source of Partners funding. We appreciate the gift of time and donations from our valued members. The Gift Shop funds along with your membership dues, fundraising and donations allow us to help so many in our community turn over a new leaf.

We have some great fundraisers for the remainder of 2022 taking place in the lower level of the Legacy Building at the La Crosse campus, and we invite you to participate:

October 27: Sweet 'n Salty Candy & Nut Sale, featuring candy and other treats from The Gourmet Candy Outlet in Jackson Plaza.

November 8-9: Discovery Toys Sale with an opportunity for you to purchase toys for Child Life Specialties to be given to our youngest patients.

November 14-17: Almost Everything is \$7 merchandise sale.

If you are looking to give back to our community in a more active way, we have these opportunities available:

November 28-December 31: The Hamilton Giving Tree to benefit the students at Hamilton Early Learning Center in La Crosse. The trees containing snowmen tags you can choose to purchase items for the classrooms will be located outside the Gift Shop in La Crosse and at the Support Services Building adjacent to the Onalaska Clinic.

Needed...fabric and those who sew! Inpatient Behavioral Health at Gundersen reached out to Partners requesting our help in sewing small 8"x8" squares of cotton or



Eleanor Amundson and Judy Dixon with a comfort cloth.

flannel. These "Comfort Cloths" assist patients struggling with anxiety and help soothe their sensory needs. In the past, our generous volunteers have sewn over 1,000 Comfort Cloths that have been given to patients...that is A LOT of comfort provided! If you have cotton or flannel fabric you would like to donate and/or you are interested in sewing Comfort Cloth squares, please connect with Sheila Erickson in the

Gundersen Partners office at (608) 775-3602 for direction.

Linda Gillette, Jill Blackbourn and Sheila Erickson just returned from the Partners of WHA state convention at Chula Vista resort in Wisconsin Dells. It was the first in-person convention since 2019. Everyone attending the convention had a great time seeing old friends and meeting new volunteers and colleagues. Everyone was afforded the opportunity to attend helpful workshops on many different topics, such as "Medication Use and You," "Balancing the Joys and Challenges of Aging" and "The Pandemic and Its Effect on Behavioral & Mental Health." Neil Ihde, founder of Life IQ and a former GHS employee, was the Keynote Speaker and talked to the group about *Personalities and Building Relationships* in our daily lives as well as Emotional Intelligence. Heather Whittaker closed out the convention with her presentation, *PAWS: 4 Principles for a Fulfilling Life*.



Linda Gillette accepts Gundersen Partners' 2021 Honor Points Certificate on behalf of Gundersen Partners.

Fall has always been my favorite season and I agree with Lauren DeStefano, who best describes it as "the time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

Stay well, stay warm, and enjoy the season's grand finale!

With the warmest regards,

Lisa Biondo, President
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