

PRH VOLUNTEER NEWSLETTER

APRIL 2025

EDITOR: MARY KUBLY

PRESIDENT'S LETTER

Greetings! It's a great time of the year. Spring weather and flowers are coming and so are two of our best fund raisers.

The Geranium Sale will be on May 15th, so it's time to get your orders in! And then, mark your calendars for June 11th for the Soup and Salad Luncheon.

Co-President Barb Powley is moving to DeForest and will be stepping away from her volunteer duties. We will miss her, but wish her well. Thanks, Barb!

Carol Black

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PPE REPORT BY CAROL BLACK

Advocacy Day 2025 surpassed 1,200 registrations.

As government watchdogs continue to highlight Medicare Advantage problems, federal lawmakers and officials take notice. The Medicare Payment Advisory Commission (MedPAC) continues to estimate that there is a substantial level of fraud, waste, and abuse contributing to significant overspending in Medicare Advantage plans in its first official report of 2025. Not only is this resulting in \$13 billion in high premiums for seniors on all Medicare plans, but it is also resulting in 20% higher payments for Medicare Advantage (MA) plans than traditional fee-for-service Medicare plans, which translates to \$84 billion in higher spending in 2025 alone.

"Wisconsin hospitals are beginning to gain traction in filling job postings but remain challenged by a factor that is mostly immovable: the state's changing demographics that are shrinking the available workforce and at the same time increasing health care demand," said WHA Senior Vice President of Workforce and Clinical Practice Ann Zenk.

The Chippewa Valley Health Cooperative is building a full-service, independent, locally-governed, nonprofit hospital in Lake Hallie, with a goal to open in fall 2027. The Cooperative's new 144,000-square-foot state-of-the-art hospital will be a flexible facility including 48 hospital beds, with a 12-bed Intensive Care Unit (ICU), an Emergency Department, Medical-Surgical services, Labor & Delivery, critical care units, a comprehensive Cancer Center, and comprehensive diagnostic services, including laboratory, radiology, and cardiology services.

April is also Parkinson's Awareness Month. The National Health Institute is a great resource to learn more about the disease and research updates. Visit www.nih.gov.

Gift Shoppe Report

Spring has sprung!

The buyers are continuing our search for new vendors for 2025. If you run across a product line that you like, take note of the name and pass it on to the Gift Shoppe. If you have something that you would like to see in the Gift Shoppe, be sure to share it with one of the buyers or send an email to giftshoppeprh@gmail.com.

Keep your eye on the motion boards throughout the hospital. The next 20% sales will be held May 12th – 16th for all Prairie Ridge Employees and Volunteers in conjunction with National Hospital Week.

Committee Members: Kathy Olson (Director/Treasurer) and Marsha Plageman

Scheduling: Bobbi Schaefer; Cards: Ali Buss; Administrative Support: Nicole Schaefer

GIFT SHOPPE SALES

2025 QUARTER 1 TOTALS

	CASH	CREDIT CARD	TOTAL
JANUARY	\$1,157.02	\$1,364.97	\$2,521.99
FEBRUARY	\$1,051.49	\$1,608.89	\$2,660.38
MARCH	\$998.07	\$1,749.83	\$2,747.90
TOTALS	\$3,206.58	\$4,723.69	\$7,930.27

Hospital Update

BY NICOLE SCHAEFER

Prairie Ridge Health has a number of new providers starting in the next few months, including two Certified Nurse Midwives, an OB/GYN, a Foot and Ankle Surgeon, and a Family Practice Nurse Practitioner. Please see the enclosed memos to learn more about each of these providers.

Thank you again to the Volunteers of PRH for funding two PRH employees to receive Mental Health First Aid training. Classes are starting to be offered in the community. This will be a great resource and an asset for so many.

National Volunteer Appreciation week was April 20-26. We are grateful for all that you do to support Prairie Ridge Health, whether you're helping a visitor find their way, baking cookies, knitting baby hats, or the many other ways you help. THANK YOU!

Health Education Report

BY SHERRY JELIC

STRATEGIES FOR PRACTICING SELF-CARE

Mental Health Month is observed each May since it was founded in 1949. It was established to increase awareness of the importance of mental health and wellness, and the role mental health plays in our overall health and well-being. Each year, organizations across the US have used this month to educate the public, reduce stigma, and encourage support for those affected by mental health conditions.

It is important for all of us to feel the best version of ourselves, deliberately taking care of emotional, mental, and physical well-being. This is SELF-CARE, a regular practice where you focus on aspects of your life to ensure your mental wellness.

- Self-care and a healthier lifestyle help us manage mental health symptoms and can prevent various problems from getting worse.*
- It helps build resilience toward stressors that we can't avoid or eliminate in our daily lives.*
- Self-care promotes self-awareness, which enables us to recognize patterns in our thoughts and emotions. We identify situations that trigger symptoms of stress or anxiety*
- We find activities and tasks that help us relax, avoid, or soothe symptoms of stress, ensuring our well-being.*
- We experience more joy in our lives, build stronger relationships, make wiser decisions, and communicate more effectively.*

Some strategies for practicing self-care are:

- 1. Practice mindfulness and relaxation. Focus on the moment, tuning out distractions around you. It changes your outlook and keeps you calm. Practice deep breathing exercises – breathe in for a count of 4, hold, and breathe out for a count of 4. Tense and release different muscle groups to reduce tension.*
- 2. Endorphins released through exercise improve mood. So do what you like – running, walking, swimming, biking, dancing – try to strive for 30 minutes daily.*
- 3. Socialize and connect with others. Having fulfilling and strong relationships keep you mentally and emotionally healthy. When supportive people are around, you can share your thoughts and feelings which gives you a sense of belonging and self-worth. Join a support group which connects you to others who understand your experiences and offer encouragement. Volunteer - helping others can boost your mood and provide perspective.*
- 4. Declutter your life by deciding what's important and what can wait. Focus on priority tasks. Don't hesitate to say 'no' to new tasks if you think you already have too much on your plate. Also, be proud of what you have accomplished rather than what you couldn't do.*
- 5. Modify your lifestyle. Get enough sleep – 7-9 hours of sleep each night. Eat a healthy diet full of fresh fruits, vegetables, and lean protein. Limit caffeine and alcohol.*
- 6. Express gratitude. Appreciate the good things you have. Remind yourself of the things you are fortunate to have, don't stress over things you can't have.*

Partners Spring District Meeting and Advocacy Day



HEAT - Hospitals Education & Advocacy Team

Stay informed of the issues and join thousands of others in making the voice of Wisconsin hospitals heard loud and clear!
For more information and to become a member go to www.wha.org/Action_Center or contact Nicole at 920-623-1371

IN MEMORIAM



ROSEMARIE DUESING



MARIE ROCHE

NEW MEMBERS

WELCOME!

CLAIRE KEIP - INFORMATION DESK

DEB STREBE - INFORMATION DESK

Save the Date

Partners of WHA 2025 Annual Conference
October 7-8, 2025
Stoney Creek Inn, La Crosse, WI



Calendar of Events

- May 15 Geranium Sale - orders due by May 7th
- June 11 Soup and Salad Luncheon - Faith Lutheran Church, Drive Thru
- July 28 Volunteer General Meeting