

Published by:  
Sue Meisner



# River Falls Area Hospital Auxiliary

## Partners of Wisconsin Hospital Association State Convention

### Calendar of Events:

**Thursday, Nov. 3**  
Flu Shots 6:30-4:00  
Hosp. Classroom

**Tuesday, Nov. 8**  
10:00-12:00  
Membership Mtg.  
Hosp. Classroom

**Tuesday, Nov. 29**  
10:00-11:30  
Christmas Tree  
Decorating

**Dec. 1, 2 and 3rd**  
Holiday Boutique  
Hosp. Classroom

**Tuesday, Dec. 13**  
1:00-3:00  
Board Mtg.  
Hosp. Classroom

**Thursday, Dec. 15**  
1:00-4:00  
Christmas Tea



The WHA state convention was held in Appleton, WI. from October 4-6. Sue Meisner, Jean Bot, Donna Miller and Dee Ann Dreistadt attended and came back with a wealth of information. The theme for this year's event was to kick up your heels for volunteers.

There are several awards given out during the 3 day event and they are as follows:

The WAVE (Wisconsin Award for Volunteer Excellence) was given to 4 hospital volunteer groups.

**Community Service:** St. Croix Regional Medical Ctr. Volunteer Partners of St. Croix Falls won for their "Little Free Library." They have a library where you can take a book for free and replace it when you are done.

**In-service Hospital Volunteer Program:** SSM Health St Mary's Auxiliary in Madison. Their program was called "No One Dies Alone". The volunteers are trained to provide comfort to a patient during their last hours so they are not alone.

**Fundraising Program:** Volunteers in Partnership with Community Memorial Hospital, Menomonee Falls. They host a weekly cookie sale. The volunteers bake and sell cookies on-site every Thursday. As of May of 2016 they have brought in \$200,000.00.

**Community Outreach and/or/Collaboration Program:**

Partners of HSHS St. Joseph's Hospital, Chippewa Falls. The winning program for their group is "Community Gardens." They have garden plots on the hospital site for anyone to grow their own vegetables. Organizations can also lease plots and donate the harvest to local food pantries. In the last 3 growing seasons, a total of 1,646 lbs. of food has been grown & donated to area food pantries.



**The Best of the Best Administrative Award** was given to Edward Wolf, CAO of Lakeview Medical Center in Rice Lake. Ed regularly attends volunteer meetings and participates in all volunteer-sponsored events. He regularly shares volunteer activities & contributions with the hospital board, highlights both new staff & new volunteers in the campus newsletter and offers all staff education opportunities to volunteers as well. He continually promotes & recognizes the volunteers in local media for their numerous donations, activities & accomplishments. The volunteers find Ned very

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## Board of Directors:

**President:**  
Sue Meisner

**Secretary:**  
Heather Logelin

**Treasurer:**  
Glenda Zielski

## Committee Chairs:

**Newsletter:**  
Sue Meisner

**Membership:**  
Kathy Beebe

**Scholarship:**  
Glenda Zielski

**Marketing:**  
Nancy Weinreich

**Sunshine:**  
Dee Larson

**Kiosk:**  
Arline Taylor

**Community Health:**  
Jean Bot

**Public Policy:**  
Diane Westbrook

October is breast cancer awareness month. Get those puppies checked!



## State Convention Continued

approachable and open-minded to requests or suggestions and always supporting them with the resources they need, whether it's space for a health or volunteer recruitment fair or covering their state Partners of WHA member dues. The membership is encouraged to attend district meetings & state conventions, noting the hospital provides transportation & travel expenses. The volunteers also noted that Ned provided the opportunity for their group to attend Advocacy Day by chartering a bus & providing refreshments for the trip.

Congratulations to all on their accomplishments!



Bonnie Olson the President of the Partners of WHA will be finishing out her term and Mary Licht was inducted as our new President for 2017-18.

We had several workshops to pick from which were very informative. There were 2 speakers that spoke

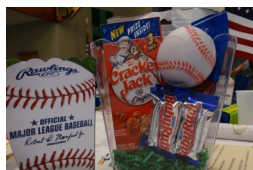
about living life to the fullest and asthma. Both were very compassionate about their topic and made a big impact on the volunteers.

And lastly, we received our award for honor points!

## Fall District Meeting in Cumberland

The fall District Meeting was held in Cumberland on September 27th with a baseball theme. The meeting started out with a motivational speaker, followed by the district chairs giving their reports, lunch and then round table discussions. The lunch followed the

theme very well with



hot dogs, brats, chips, etc. The district is looking for ideas to boost the budget. They would like to hold a district wide fundraiser. If you can think of anything that would work between all the hospitals in our district, please contact Sue Meisner. The spring District meeting will be held in Menomonie on April 16th. President reports were submitted by each hospi-



Our display board with the western theme.



Donna Miller, Jean Bot, Sue Meisner & Maureen Paulson

tal explaining what they have done in the last 6 months. It's always interesting to see what other hospitals do for fundraisers.

**November Membership Meeting**

Coming up on November 8th we will be having our next membership meeting from 10:00-12:00 with lunch following.

The speaker will be one of our own members, Dawn Huberty and she

will be speaking on pacer-makers and heart health.

If you would like to attend the November meeting, please R.S.V.P. to Sue Meisner 608-412-1792 or rorynsue@yahoo.com. Also, **PLEASE** let her know if

you plan on staying for lunch so the kitchen staff has the correct count.

**Menu:**

Turkey Pot Pie,  
Cole Slaw, Roll &  
Pumpkin Bars



Happy Birthday!

November  
26-Glenda Zielski

December  
3-Jean Bot  
12-Sheila Vlack  
31-Jean Olson

**Community Health by Jean Bot**

The 10th annual Regional Caregiver Conference at WITC conference center in New Richmond on Friday, September 30th was well attended with 245 people from Pierce & St. Croix County. Following a continental breakfast I visited the 35 vendors that were there the entire day to provide resources about their services & products. I can not say enough about Elaine Sanchez, our keynote speaker. With her use of props & humor she delivered her message of “Helping People find Hope, Humor & Heart” in caregiving. Based on her own experience of caring for family elders &

her mother’s 6 years of caregiving & handwritten letters from her experience, Elaine wrote a book. The funny book was titled “Letters from Madelyn, Chronicles of a Caregiver.” She had this book for sale & signing. From her book you will come away with caregiver survival tips. Check out her website at [www.ElaineK.Sanchez.com](http://www.ElaineK.Sanchez.com). Following her speech, before & after lunch there was a total of 3 1-hour breakout sessions with 4 sub-sessions under each one to attend of your choice. Due to another commitment that I had that day, I was unable to hear the closing speaker along

with the presentation of door prizes. It was an outstanding educational conference for family members, caregivers & professionals.

Save the date for next year’s conference on Friday, September 29th, 2017. The keynote speaker is Teepa Snow, a dementia-care educational specialist with a background in occupational therapy & over 30 years in clinical practice.



Halloween Support Group

**Correspondence**

**Thank you for the salad luncheon:** “This was my first try at one of your events & I just wanted you all to know what a great time I had. The food was wonderful, I learned new things about the hospital & your work when Sue Meisner spoke & I met new people from the River Falls area. You all do such wonderful work & you have such a positive impact on the hospital & the community.” Dianne Vierling



## Fall Salad Luncheon

The River Falls Area Hospital Auxiliary salad luncheon was held on October 11th at St. Bridget's Catholic Church. Over 286 people were served & the Auxiliary netted \$2,202.00 to aid in their work to support the hospital. The members & some non members donated 62 salads!!!



Jean Bot, Sue Nelson & Maureen Paulson

As they say, "it takes a village" and this is true of our luncheon. Thank you to many of the hospital employees who came to our aid and to Grace Healthcare for making the apple crisp. A special thanks to the members for providing help with pre-sale tickets, salads, working at the luncheon, busing dishes, bringing a sample of the Kiosk and providing music. There are too many to name, but you are all special and we are grateful to have such a great group of

volunteers! You are all responsive for the success of the luncheon and you deserve a sincere & heartwarming "thank-you."

*Sue Nelson  
Salad Luncheon Chair*



Sharon Paulson, Donna Miller & Kathy Cudd

## Election Day 2016 by Diane Westbrook

In less than two weeks, on Tuesday, November 8, we will or should find ourselves at our designated voting/polling locations. We will not only vote for the President of the United States, but for state-wide candidates.

It is one of the most acrimonious elections in many years. We have been bombarded by candidates' issues via all sorts of social media, mail & radio/television advertisements.

For those of us who are women, remember, we gained the right to vote in 1920! And,...did you realize that there are countries in this great big world, where women were only recently granted the right to vote?

Facts:

133 million people who reported voting in the 2012 presidential election, there was a turnout increase of 1.8 million over the 2008 election.

In 2012, the voting population 45 years of age & over, increased while the number (cont. next page)

**Fall Fling**

Our hospital foundation's annual fundraiser was a great success, raising more than \$65,000 to support health-related programs & services at the hospital & in the communities we serve. At least a dozen auxiliary members were among the crowd of nearly 200 at the Troy Burne Golf Club in Hudson. Thanks to all who supported the roaring-20's themed event with sponsorship, donations, donations for the auction & raffle and/or by attending the event.



Special guest speaker Joe Club, VP for Mental Health & Addiction Services at Allina Health, discussed plans for addressing mental health issues in Western Wisconsin.

"Mental health was identified by community stakeholders as the number one health issue for our two-county region," said hospital president David Miller. "As part of our 2017-2019 community health improvement plan, our hospital will be collaborating with other local hospitals & public health departments, along with many other community partners, to raise awareness about mental health issues and reduce stigma. Funds raised at the Fall Fling will greatly help us achieve this goal."



**Maureen Paulson won a golf club, custom made by RFAH ER Physician Tom Monahan MD**

During the event, guests enjoyed the world class musical talent of vintage jazz band Belle Amour, as well as delicious hors d'oeuvres and desserts by River Valley Catering.

Business sponsors of the event included entertainment sponsor First National Bank of River Falls and platinum sponsors Emergency Care Consultants, M & M Anesthesia, McGough Companies, NEI Electric, Spring Valley Health Care Services & the St. Paul Radiology Foundation.

Thanks again to the hospital auxiliary for its \$500 sponsorship of the event, and to all of the auxiliary members who supported the event. I hope you will mark your calendars & save Friday, 10/13/17 for next year's Fall Fling!

Heather Logelin

Side note: As part of our sponsorship toward this event, our membership receives two free tickets to the Fall Fling. This year, Kathy Steffen and Judy Pierson were the lucky winners!

**Continued from Election Day article on the previous page.**

of voters 18 through 44 years old decreased.

72% was the rate at which Americans 65 & older voted in the 2012 presidential election, higher than any other group. Let's hear it for our senior citizens!

In every presidential election since 1996, women have voted at higher rates than men!

For information about registration, requirements & deadlines, go to [usa.gov](http://usa.gov) & click on **Voting and Elections** on the home page. **Please exercise your right to vote this coming Tuesday, November 8th!**

***Free Flu Shots!***

*Allina will be giving out flu shots to Auxiliary members on Thursday, Nov. 3rd in classroom B from 6:30-4:00.*

*If you would like to receive one, please stop in during the above mentioned time.*

May your stuffing be tasty.  
 May your turkey be plump.  
 May your potatoes and gravy have nary a lump.  
 May your yams be delicious and your pies take the prize, and may your Thanksgiving dinner stay off your thighs!



**Happy Thanksgiving**

## Hospital Tree Decorating

On November 29th at 10:00 some of our members will be decorating several trees in the hospital. If you would like to help out with this, please contact Sue Nelson at 715-425-7189 or Snnelson778@yahoo.com. This is a good way to put your talents to work and start spreading some holiday cheer.



## Holiday Boutique

The Holiday Boutique is fast approaching! The dates this year are December 1st, 2nd and 3rd. This is always the same weekend as the St. Bridget's Craft sale. With the Hospital Bike giveaway moving to the spring, this is sure to help our sales on Saturday. In the past we had both events going on at the same time, this made the hospital lobby very congested.

The ornaments and decorations are exquisite! Something new, table jewels, sure to sparkle up your holiday dinners. This will go great with the scented hot dish holder. There will be plenty of holiday fashion, scarves & jewelry. I have extended our cold weather merchandise, hats, scarves, texting gloves, boot toppers & knee socks. Pom Poms are hot this year; we carry hats & key chains.

We will have gifts for kids and grandchildren, 3-D puzzles holiday coloring books & my favorite, report card to Santa. This item will be available to purchase before Thanksgiving. This will give the kiddos time to fill out their report for Santa.

Stop by to browse & enjoy some refreshments. (see flyer on page 7)

Let's make it a great Holiday season! Mary Franzel

## Tea Time!

**Each year our membership gets together to celebrate the holidays with a tea. This year Rachel Culp will be hosting the tea and we welcome all auxiliary members to attend.**



**Place: 2383 Golf View Dr., River Falls**

**Date: Thursday, December 15h**

**Time: Open House 1:00-4:00**

**Please bring either something sweet or a savory appetizer to be shared.**

**If you would like to attend the tea, please contact Rachel.  
campculp@att.net or 806-470-1745**



# Holiday Boutique

Sponsored by  
RIVER FALLS AREA HOSPITAL AUXILIARY

Thursday, December 1st 7am—4pm

Friday, December 2nd 7am—4pm

Saturday, December 3rd 7am—12pm

River Falls Area Hospital  
1629 E. Division Street  
River Falls, WI 54022

- \* Unique holiday gifts for all seasons
- \* Refreshments & music
- \* All major credit cards accepted



## Collective Goods Book Sale



It's a new name—no longer Books Are Fun—but the same great selection of reasonably priced books and gift items. Total sales were \$1,845.70 and our share is

\$184.57. Thanks to Roxy Sukowatey and Nancy Weinreich for distributing the flyers and doing the publicity for the sale and to everyone who came to shop. Enjoy your great deals!

Arline Taylor



## Getting to know you with Rachel Culp



Rachel Culp spent her early years on the Fort Apache Indian Reservation in east-central Arizona, where her dad taught at the boarding school. Because the reservation hospital & school were for native populations only, Rachel was born in Show Low & went to school in the nearby community of Pinetop.

In high school, Rachel played softball, ran track and cross-country. She also was on ski patrol, lifeguarded, was active in 4-H, showed horses & hunted with her dad. After graduating, Rachel attended Eastern New Mexico University, where she walked on to the rifle team. Her team ended up ranked 12 in the nation & Rachel's shooting earned her a full ride. She graduated with a degree in elementary education.

Rachel then taught history & coached for two school districts in Texas. When a colleague tried to set her up with a young man named James Culp, she wasn't too interested; he was not only two years younger, but also still in college. When they met in person, something about the tall, dark, former Navy man got her attention—and the rest is history.



Rachel—Sunrise Peak, AZ.

(continue on to the next page)

Rachel and James dated for five years before getting married in Las Vegas in 2001. Immediately after the ceremony, they took a helicopter to a vineyard for dinner. They still laugh about how James, who wore a cowboy hat, was accosted by Chinese tourists wanting a photo with a cowboy while Rachel was pursued by a drunk old man who wanted to “kiss the bride.” They later had a huge reception in Amherst, Texas where James’ father owned a tractor repair shop. James’ mom is a first generation Mexican-American in a family of 12 children; just about everyone in town came to the reception, bringing food and beer to share.

On July 7, 2011 Rachel and her children, Peyton and Kayden, were in the doctor’s office for a strep test. While there, Rachel asked the pediatrician to look at two year-old Kayden’s belly, which had been hard lately. The pediatrician sent them immediately to the emergency room, where the attending physician looked at Kayden’s scans, immediately diagnosed cancer, and had her transferred to the PICU to have a port installed.

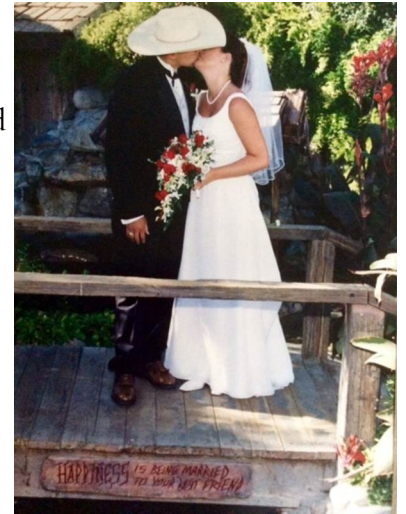
Rachel and James learned right away that they needed to be Kayden’s advocate, and they also recognized that many parents lacked the support or skills to do so. While Kayden is now a vivacious second-grader at Westside Elementary, the journey through cancer diagnosis, chemotherapy, surgery, radiology and survivorship has both strengthened Rachel’s faith in God and made her a tireless advocate for family-centered care. Other than traveling to Cook Children’s in Dallas for a pediatric nephrologist, they were able to get all of Kayden’s care at Covenant Women’s and Children’s Hospital right in Lubbock, Texas where they were living. Rachel later volunteered on the hospital’s patient advisory councils as a way to give back to the hospital. Together with other families, it’s not, “Here’s what you did wrong,” but “Let’s work together to make things great.”

Rachel noted that the doctors have told them that there is an 83% chance of cancer recurrence. She has decided not to believe in statistics, noting that when they got the initial diagnosis, they were told she only had a 50% chance of survival. Rachel refused to believe it and is a big proponent of family centered care because she has experienced firsthand the power of family support, involvement and positivity.

After Kayden’s radiology treatment, she was selected by Make-a-Wish and went on her “wish trip” to Disney World, staying at Give Kids the World, a non profit village all for Wish kids and their families. It was such an amazing experience for their family that Rachel hopes to someday volunteer at Give Kids the World. While still in Texas, Rachel was an active volunteer for both All Saints’ Episcopal and for the hospital in Lubbock, including supporting and leading numerous fundraising activities.

Prior to Kayden’s diagnosis, James, who had an undergraduate degree in integrated pest management and an MBA, had accepted a position at Land-o-Lakes; Rachel, who had a Master’s in Education, had been hired as Dean of Students at All Saints Episcopal School in Lubbock. After Kayden’s diagnosis, Rachel resigned as Dean and took a teaching job, which she kept until their move to River Falls. The move was prompted by a promotion opportunity for James, who is now Winfield’s (a division of Land-o-Lakes) Marketing Manager for the southern United States and Mexico.

Here in River Falls, Peyton and Kayden are 5th and 2nd graders. Both are active in 4-H and soccer; Peyton also plays baseball. In addition to her numerous volunteer roles with the hospital auxiliary and foundation, Rachel also coaches the 5th grade Lego League at Greenwood.



James & Rachel’s wedding in Vegas!



Culp family at Give kids the World!