



RIPON MEDICAL CENTER
A MEMBER OF AGNESIAN HEALTHCARE

HEARTLINE

AUXILIARY NEWSLETTER • JUNE 2019

MESSAGE FROM THE PRESIDENT

As the seasons change again, new and exciting changes will be happening within the RMC Auxiliary. As usual with spring, we experience excitement as new life emerges from the ground with tulips and crocus and buds forming on the trees. It is called spring fever! After the very long cold winter, we are all ready to welcome the change.

Many exciting events are happening in the next few months. We started the brat fry fund-raisers on April 26. Remaining dates include June 8 and September 14 at Webster's. Pat and Wayne Albright are the new chairs of the brat fry events this year. Volunteers are always welcome to work at the events.

Five members from the RMC Auxiliary board attended the Wisconsin Hospital Association Advocacy Day on April 17 in Madison. Main speakers were Governor Tony Evers and former Governor Tommy Thompson. It was a very informative day.

Hanging flower basket sales were good again this year. We sold 125 baskets. Estimated profit is \$800. Preparations are in progress for the Fall Mum Sale scheduled for September 10 and 11. Radene Able is chairing both events.

The Holiday Bake Sale and Sweets for Treats for Your Sweets Valentine's Bake Sale both were successful fund-raisers again this year. Our volunteers continue to wow us with great baked goods and candies. Keep up the great work. Dates will be posted later for this year's sales.

We continue to try and recruit new members for the RMC Auxiliary. It is getting more difficult each year to recruit younger members. Please spread the word if you have the opportunity. It can be very rewarding working with your peers. Any RMC Auxiliary member is welcome to sit in a board meeting to observe any time. It is a great way to see what the goals are. Contact any board member if you wish to attend.

Scholarships recipients have been chosen for 2019. Scholarships will be awarded at the June luncheon on Monday, June 24. We will have installation of officers at the luncheon also. Julie Stellmacher is the president-elect and Barb Behlen will be the vice president-elect. Mark your calendars for this event.

I feel a bit of sadness as this will be my last newsletter report. I will be retiring from the RMC Auxiliary board in June. I have enjoyed serving as the vice president and president. I will continue to do some volunteer work for Ripon Medical Center, but at a slower pace. I have decided to step back and start doing a few things on my bucket list. Time is a flying and I don't want to miss anything.

Thank you all for your support and dedication to the RMC Auxiliary. I treasure the new friendships I have made the past few years being involved with the hospital. Continue to volunteer for the fund-raisers, recruit new members and attend the wonderful events that the RMC Auxiliary sponsors each year. It is with all your help that we will survive and remain a viable organization.

Have a happy spring and summer. Keep the flowers blooming!
Blessings!

Barb Miller, President

RMC AUXILIARY LUNCHEON/ MEETING

Join us on Monday, June 24 in the Ripon Medical Center Green Lake Room at 12 p.m. The RMC Auxiliary scholarship recipients will be announced, and officers installed for the upcoming year.

The cost for the luncheon is \$7 and can be paid at the door. RSVP to Diane Shady in Kim Bresser's absence due to vacation no later than Tuesday, June 18 by calling (920) 539-2150 or by e-mail at kanddshady@gmail.com. Please indicate if you have any special dietary needs. Reservations made and not honored will be charged the cost of the lunch.

If you have any suggestions about future programs you would like to see at our auxiliary luncheon/meetings, please contact me.

Diane Shady, Programs Chairperson

NOTE: We will be collecting dues for 2019-2020 at the June meeting. Annual dues are \$10.

TREASURER'S REPORT

FINANCIAL REPORT - APRIL 30, 2019

Net fund-raising for the period of January 1 to April 30, 2019 was \$2,097. The Flower Basket Sale raised \$997, "Treats for Sweets" raised \$421 and the first Brat Fry of the season raised \$455. We also raised \$56 with a Nutman sale and \$168 with a Book Fair.

Gift shop sales for January through April were six percent less than last year for the same period, and year-to-date sales are nine percent below last year at this time.

During this period, we donated \$6,700 to Ripon Medical Center for a sound system in the Journeys Commons. We also donated \$2,067 for two more benches on the Ripon Medical Center campus.

We had \$25,750 in cash at the end of April. So, we have the funds for the three \$1,000 scholarships that we will award in June, as well as a cushion for any unexpected needs of Ripon Medical Center.

The board is working on the FY 2020 budget and will have copies available at the luncheon.

TREASURER'S REPORT - RMC AUXILIARY, INC.

Four Months and 10 Months Ended April 30, 2019

	Jan - Apr Actual	Year to Date Actual	Annual Budget
INCOME			
Fund-Raising	\$4,348	\$15,972	\$17,085
Donations	76	668	300
Membership Dues	10	700	750
Gift Shop Sales	10,170	30,329	39,475
Total Income	\$14,604	\$47,669	\$57,610
EXPENSES			
Fund-Raising Expenses	\$2,251	\$4,571	\$5,208
Sewing Supplies	\$-	\$76	
Luncheons	-	33	(1)
State Conventions/District Meetings	(159)	981	1,350
Organization Expenses	89	143	169
Gift Shop Expenses	8,646	20,610	29,177
Total Expenses	\$10,826	\$26,413	\$35,903
Net Income Before Distributions	\$3,778	\$21,256	\$21,707
DISTRIBUTIONS			
Scholarships	\$-	\$-	\$3,000
Donations for RMC	8,767	19,037	18,250
Total Distributions	\$8,767	\$19,037	\$21,250
NET INCOME AFTER DISTRIBUTIONS	\$(4,989)	\$2,219	\$457
CASH BALANCES		\$25,750	

VOLUNTEER NEWS AND NOTES

For the Volunteer Services department, spring starts with the Annual Volunteer Appreciation Luncheon. This year's event brought weather that felt more like winter (why does it snow in April?) while folks traveled to the luncheon and produced sunshine for the drive home. For the 250 who made the trek to Fond du Lac, they were able to participate in Vollywood - our Hollywood-inspired luncheon! If you missed it, please check out the video montage at agnesian.com/volunteers. Agnesian HealthCare is so thankful for the work of our volunteers and RMC Auxiliary members and being able to celebrate you each spring is such a treat!

As I'm preparing this update and looking ahead on my calendar, it's hard to believe that my little guy is going to be one year old by the time you're reading this. Wow. How is that possible, already? This also means that we're looking forward to summer activities - including the high school and college students



volunteering at Ripon Medical Center while they're on break from school and all of the summer RMC Auxiliary fund-raisers:

- Saturday, June 8: Brat Fry at Webster's
- Thursday, June 20: Nutman Sale at RMC
- Wednesday, August 14: Nutman Sale at RMC
- September 10 and 11: Mum Sale at RMC

Finally, the June RMC Auxiliary Luncheon is scheduled for Monday, June 24, at 12 noon. Please join the RMC Auxiliary at this event as it will be installing new officers and presenting its scholarships to local students! Registration and RSVP details are a bit different for this luncheon as I'll be out of office. Please RSVP to Diane Shady by calling (920) 539-2150 or by e-mail at kanddshady@gmail.com no later than 5 p.m. on Tuesday, June 18.

Here's to a sunshine-filled summer!

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

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.



GREATER FOND DU LAC MINISTRIES

While external branding work is still in process, use the following language internally to reference our ministries and geography. When referring to the geography served, use the phrase "Greater Fond du Lac service area." The Greater Fond du Lac service area includes eight counties (Calumet, Dodge, Fond du Lac, Green Lake, Manitowoc, Marquette, Sheboygan and Winnebago). When referring to physical locations and/or the services provided, please use the phrase "Greater Fond du Lac Ministry or Ministries."

For example, Ripon Medical Center is one of the Greater Fond du Lac Ministries. Agnesian HealthCare, a member of SSM Health, will continue to be used externally until our successful Epic conversion. All other Agnesian HealthCare ministry names will also be maintained during this time.

PROVIDER CHANGES

- The last day of practice at Ripon Medical Center for Michell Pascarella, APNP, family medicine, was May 8. Plans are being discussed on how to best fill her position. Riann Collar is scheduled to start at Ripon Medical Center following completion of her physician assistant degree. She will begin as a medical assistant until credentialed.
- David Calderwood, MD, is scheduled to begin orientation as occasional status in June and goal would be to be able to move to full time providing Emergency Department coverage starting in September.

CRYSTAL VISION AWARD

Ripon Medical Center has been selected as a 2019 Crystal Vision Award recipient. This award is presented annually to those hospitals that have demonstrated outstanding commitment and dedication to furthering the mission of giving the gift of sight and raising awareness for organ, eye and tissue donation. In 2018, Ripon Medical Center provided sight to an estimated four recipients not only in Wisconsin but throughout the United States and the world.

PRIVACY SHADING

Maintenance has added privacy shading on windows by the second-floor clinic and is considering other areas to provide more privacy to patients while receiving care at Ripon Medical Center. Initial response has been positive.

PATHWAY TO EXCELLENCE

Ripon Medical Center has received the prestigious Pathway to Excellence® designation by the American Nurses Credentialing Center (ANCC). The Pathway to Excellence designation identifies the elements of work environments where nurses can flourish. The designation substantiates the professional engagement of nurses at Ripon Medical Center and identifies it as one of the best places to work.

The Pathway to Excellence designation is granted based on the confirmed presence of characteristics known as “The Pathway to Excellence Criteria.” For an organization to earn the Pathway to Excellence distinction, it must successfully undergo a thorough review process that documents foundational quality initiatives in creating a positive work environment – as defined by nurses and supported by research. These initiatives must be present in the facility’s practices, policies and culture.

NIGHTINGALE AWARD

Shane Garner, Ripon Medical Center nurse anesthetist, was recently recognized by the University of Wisconsin Oshkosh College of Nursing and the College of Nursing Board of Visitors at the annual Nightingale Awards ceremony. Garner was one of six recipients of the 2019 Nightingale Award for Excellence in Nursing Practice recipients. With 10 years of nursing experience, Garner stays current on best practices not only in anesthesia care but also in surgical patient care and postoperative pain management. Garner is a valuable asset to Ripon Medical Center and shares his clinical expertise through educational presentations for colleagues, nursing staff, patients, students and community members.

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



MEMBERSHIP

Hello RMC Auxiliary members; my name is Donna Schulz. I would like to introduce myself as your new membership chairperson.

There is so much to be proud of as a member of the RMC Auxiliary and so many ways to show your talents. There will be many opportunities to help with activities in the future. Find something that interests you. More information and signup sheets will be available at the luncheon.

Looking forward to meeting all of you at the luncheon on June 24. I'd like to remind you that your 2019-2020 membership dues of \$10 are due. If you are not able to attend our luncheon, please feel free to send your dues to me at N7297 County Rd FF, Ripon, WI 54971.

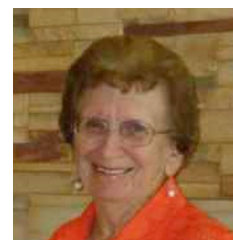
Thank you for all you do.

Donna Schulz, Chairperson, Membership

IN LOVING MEMORY OF ALTA FISCHER

December 13, 1924 to May 1, 2019

We honor Alta for her 47 years of service to Ripon Medical Center as a member of the RMC Auxiliary. She had recently reminisced of her time folding bandages and supplies, sewing, style shows and so much more as times changed over the years. What did not change was her generosity with her time and talent and dedication to Ripon Medical Center. We thank you Alta and will miss you!



PUBLIC POLICY EDUCATION UPDATE

Take a minute and take this heart health quiz. Which are better for you?

Red pepper or green peppers

- Red bell peppers - are ripened green peppers which contain high amounts of vitamins A & C and antioxidant properties

Table salt or sea salt

- Most table salt has added iodine, an essential nutrient, both contain comparable amounts of sodium

Pecans or walnuts

- Walnuts have a slightly better nutritional profile and contain essential omega-3 fatty acids

Balsamic vinegar or red wine vinegar

- Balsamic vinegar has more calories (224 versus 45 calories per cup) but is richer in minerals

Have a great spring!

Sandy Krueger, Public Policy Education, Chairperson

ADVOCACY DAY 2019

The Advocacy Day 2019 was held on Wednesday, April 17, 2019 in Madison. Five members from the RMC Auxiliary attended the event.

For the first time, Wisconsin Hospital Association (WHA) hosted two governors. Governor Tony Evers spoke at lunch. He pointed out, as did the other legislators, that over 30,000 eligible citizens have chosen not to enroll in the health care exchange. This number is 15 percent of the eligible Medicaid citizens.

Former Governor Tommy Thompson had a fireside style talk with Eric Borgerding, WHA chief executive officer. The former governor helped develop public health plans for national emergencies when he was the HHS secretary. As Wisconsin governor, he worked with both Republicans and Democrats to develop and implement Badger Care, and Part D Medicare for assistance in paying for prescriptions.

The legislative panel included four members of the Joint Finance committee. Senators who were on the panel were Senators Howard Marklein and LaTonya Johnson. The representatives were John Nygren and Evan Goyke. Representative Nygren was instrumental in implementing much of the legislation that is limiting the prescribing of opioids and other positive programs like drug courts. Legislative priorities include the importance of hospitals to local economies, improving reimbursement for

Medicaid services and removing legal barriers to the practice of telemedicine. Each of the legislators mentioned that Wisconsin has a drastic shortage of mental health professionals. There is a need for both Democrats and Republicans to join together to pass legislation that will benefit small hospitals in Wisconsin.

There were almost 1,000 attendees at Advocacy Day that dedicated their time to learn about the public policy issues, approximately 500 of whom met with their legislators to discuss the issues.



*Barb Benkoski, Sandy Krueger, Donna Schulz
Julie Stellmacher, Georgia Stellmacher*

COMMUNITY HEALTH EDUCATION

NOT ALL WOUNDS ARE VISIBLE - JOURNEY FOR MENTAL HEALTH

The focus of the Health Education chairpersons for the WHA Partners in 2019 is mental health. Since mental health and drug abuse are closely related, it is good that the focus of each issue is concurrent. Below are some points to consider regarding what is considered mental illness, facts on mental illness, barriers to good mental health and warning signs of mental illness.

MENTAL ILLNESS

A diagnosable mental disorder

- Alterations in thinking, mood, and/or behavior
- Feeling of distress
- Impaired functioning
- May include disability, pain or death

Aging effects on mental health

- Changes in bodies and chemistry
- Altered living situations

- Mental health may deteriorate in response to a physical health condition, such as stroke, Parkinson's disease, cancer, arthritis

About six percent of older adults have a depressive illness that can be diagnosed. Suicide is a risk for older adults. One in five adults experience a mental health condition each year.

Mental health concerns in older adults, such as anxiety and depression, may not be a normal part of aging.

BARRIERS TO GOOD MENTAL HEALTH

Stigma

- Would you tell your employer that you deal with mental health issues?
- When you eat lunch with friends, do you talk about mental health concerns?

Lack of treatment

- Many older adults who discuss specific mental health problems with a physician may not receive treatment. There is a critical shortage of mental health professionals.

Cost of treatment

- Can limit access to mental health services
- Prevents people from seeking help
(Medicare covers 80 percent of physical health concerns, but only 50 percent of a mental health issue.)

WHAT'S WRONG?

One or more of these could be a warning sign!

1. Feeling anxious which is constant or interfering
 - Heart palpitations, breathless, headache, restlessness or a racing mind. Having unexplained aches and pains
2. Feeling sad/not enjoying the things you used to for weeks
 - Having low or no energy
 - Pulling away from people and usual activities
3. Emotional changes
 - Fighting with family and friends
 - Feeling confused, forgetful, on edge, angry, upset, worried or scared
4. Weight or appetite changes - eating too much or too little
5. Sleeping too much or too little
6. Withdrawing from life

7. Feeling helpless, worthless, hopeless. Feeling numb or like nothing matters
8. Smoking, drinking or using drugs more than usual
9. Inability to perform daily tasks

Barb Benkoski, Chairperson, Community Health Education

GIFT SHOP

Volunteers, how would we manage without you?! 9:30 a.m. to 4:30 p.m., five days a week, 35 hours a week freely offered!

The gift shop is the small business of our RMC Auxiliary and its primary fund-raiser. Thank you to each of you!

Audrey Kelma, Barb Ann Behlen, Carol Prellwitz, Carolyn Delong, Donna Schulz, Janet Steffan, Jean Zeto, Jeanne Chaney, Joyce Rudolph, Laura Kasuboski, Linda Stellmacher, Lyn Giske, Marion Sandleback, Mary Schieffer, Mary Stein, Rae Miller, Vickie Schwark,

Mary Schieffer, Chairperson, Gift Shop

FUND-RAISING

NEW FUND-RAISER: VANDE WALLE'S CANDY BARS

We are starting this new fund-raiser in August. It includes selling Vande Walle's variety boxes of 40 candy bars at \$1 each. Volunteers need to pick up a box of candy bars from Ripon Medical Center and sell them on your own or place them in a local business place. A signup sheet will be circulated at the June luncheon. More information will be available at that time.

Sandy Krueger, Chairperson, Candy Bar Sales

BRAT FRY FUND-RAISERS

The brat fry fund-raisers have begun. First date netted more than \$400. Monetary donations will be collected at the luncheon to purchase supplies. Be generous! The dates for the brat fry events are listed below. Looking forward to seeing you there.

Saturday, June 8

Saturday, September 14

Patricia and Wayne Albright Chairpersons, Brat Fry Fund-Raisers

RMC AUXILIARY BOARD MEMBERS

Barb Miller, President

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Donna Schultz, Membership

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Linda Stellmacher, Sewing

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Barb Ann Behlen, Newsletter

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Kim Bresser, RMC Volunteer Coordinator

(920) 745-3670 | kimberly.bresser@ssmhealth.com

UPCOMING EVENTS

June 8	Brat Fry, Webster's Marketplace	9 a.m. to 3 p.m.
June 12	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
June 20	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
June 24	Auxiliary Luncheon/Meeting, RMC	12 to 2 p.m.
August 14	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
August 14	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
August 20	PTK Sale (clothing & jewelry), RMC Lobby	11 a.m. to 5 p.m.
August 21	PTK Sale (clothing & jewelry), RMC Lobby	9 a.m. to 1 p.m.
September 10 & 11	Mum Flower, RMC Parking Lot	
September 11	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
September 14	Brat Fry, Webster's Marketplace	9 a.m. to 3 p.m.
September 18	Lakes District Fall Meeting	
September 23	Auxiliary Luncheon/Meeting	12 to 2 p.m.
October 1	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
October 1 to 3	WHA Partners State Convention-Appleton	
October 8	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
October 17	PRN Uniform Sale, RMC Lobby	9 a.m. to 3 p.m.



HEARTLINE

AUXILIARY NEWSLETTER
JUNE 2019



Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience and just plain loving one another. - Erma Bombeck

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845 Parkside Street
Ripon, WI 54971