

# Friends of VMH

Vernon Memorial Healthcare, Viroqua

December 2018



## News from Your President

It's hard to believe the holiday season has arrived! While we don't hold a meeting in December, our Holiday Craft Show and Bake Sale and Lovelights keeps us busy. Thanks to Sarah Howard for working with our many vendors, coordinating their booth spaces and arranging for tables and set up with VMH Plant Services. A lot of behind-the-scenes work goes into this well-known event. Thanks to all who donated baked goods and worked at the bake sale table or greeted visitors.

Our Gift Shop is ready for holiday shopping. Nancy and Shelly and the many gift shop volunteers are ready and eager to help you. We continue to receive many nice compliments about the shop from members of our community and hospital/clinic patients and visitors. By purchasing gifts in our shop you are helping us raise dollars to benefit new equipment and programs for our hospital and clinics. It's a win/win proposition for all of us!

Our Lovelight Trees look beautiful in the

hospital lobby. Thanks to all who helped Donna set up and decorate. Please support this program by purchasing Lovelights in honor or in memory of those dear to you. A Lovelight form may be found elsewhere in this newsletter.

Welcome to all of our new members: Jessica Addington; Vicki Banta; Amy Evenstad; Dawn Grimsled; Toni Jacobson; Jean Klousia; Alycia Larson; Linda Lockington; Lynn Marks; Coralee Nomann; Margretta Overbo; Bonnie Rath; Barb Theiss and Alice Thorson. It's



been great seeing so many of you at our regular monthly meetings. We look forward to your help in planning our fundraising events and selecting the capital items we would like to purchase in 2019. May you all have a wonderful holiday.

I look forward to seeing you at our next meeting January 14th.

## Membership Luncheon Photo Highlights



Annabel McGarry & Ramona Abbey were honored with lifetime memberships. They are pictured with DJ Brown.



Some of our new members include: (front) Bonnie Rath, Susan Haser, Barb Theiss (back) Tania Jacobson, Linda Lockington, Alice Thorson, Lynn Marks, Alycia Larson and Vicki Banta.



Our new volunteer Coordinator, Alycia Larson



**2018 Membership Luncheon**

## Membership Update

*Alice Sloane,  
Membership Chair*

Our total membership is 64 paid members. Last year there were 51 paid up members. That is an increase of 13 new members from last year. It is great to see the new members attending meetings and getting involved.

## Volunteer Coordinator Report

*from Alycia Larson*

We thank Marline Peterson for her many years of volunteer service. Marline retired on November 27. Thank you, Marline.

We welcome eight new volunteers to VMH Volunteer Services: Jeanne Atkins, Vicki Banta, Barb Glass, Dawn Grimsled, Susan Haser, Linda Lockington, Lynn Marks and Susan Woody. All are excited to begin volunteering. If you or someone you know is interested in becoming a volunteer, please reach out to me with their contact information. In order to remain an active volunteer at VMH you need to volunteer a minimum of 2 hours per month.

A volunteer meeting was held November 20th. There

were many topics discussed. There was a request to learn more about Alzheimer's Disease, both within the volunteer setting as well as in your own personal lives. We will be offering some type of educational session on this topic sometime in the near future.

A volunteer survey will be sent out in December in order to obtain honest feedback on how the program is going as well as ways that it can be improved. This will be a great opportunity to give feedback.

The Gift Shop hours have changed for the month of December:  
M-T-W-F: 9am – 4pm  
Th: 9am – 7pm  
Sat: 10am – 2pm

9:00am-4:00pm Monday through Friday.

The Hospital Lobby volunteer hours will be extended beginning January 1 to best suit the needs of our patients and visitors. Two shifts will run throughout the day from 7:30am – 4:00pm versus the current start time of 8:00am.

The next Blood Center of Wisconsin blood drive will be Friday, December 21. We are in need of 2 volunteers from 12:00pm-2:00pm. Please contact me if you are able to assist with this.

The Blood Center will also be here on February 22 and May 3. Volunteer shifts would be from 10:00am-12:00pm and 12:00pm-2:00pm.



*At our November meeting we surprised Alycia with a baby shower!*



# Development Report

Donna Nelson



The VMH Foundation and VMH Friends have selected healthcare scholarship recipients for the 2018-2019 school year. \$20,000.00 was awarded to 11 of a total of 18 applicants. There will be a kick off breakfast in January 2019 to announce the winners. The period for applying for 2019-2020 scholarships will open January 1, 2019.

The VMH Foundation cancelled its annual Golf Outing due to historic flooding and subsequent devastation that we experienced in August. The event ended up being a successful fundraiser due to the generosity of the sponsors who still chose to support the Foundation.

The Foundation Hospice Gala was held November 1, 2018 at Old Towne Inn. We raised \$17,500.00 that evening. As shared previously this will be the last event of this type. We have had the gala for 31 years! The Foundation is proud of the community support of our outstanding hospice program and hospice center. We look forward to extending our support and assistance to other areas of the organization.

The ASK campaign of the Foundation that was planned to kick off in October 2018, was postponed until February 7, 2019. The campaign's 2019 goal is to raise \$100,000.00 for 25 new hospital beds. The most common complaint heard in our patient satisfaction surveys is about the beds. We will be sharing more about the campaign with you in the months to come.

The VMH family has had the following retirements:

Joan Kesler, billing specialist Home Health and Hospice

Vickie Dull, lab technician-hospital lab

Janet Fortun, patient registration and accounts representative

Dr. Rolando Macasaet, physician and general surgeon at Hirsch Clinic

Dr. Ben Agar, physician at Bland and Kickapoo Valley Medical Clinics

We wish all of them a long and happy retirement!



Rain was the norm for us at our flower sales this year. DJ Brown and Trudy Wallin are pictured at our fall mum sale. A total of 138 mums were sold.



The Boomer Broads from LaCrosse entertained us in October as Friends of VMH hosted the Fall District Partners meeting. Their humorous stories took most of us back to events we remembered during our childhood.

## 2018 State Convention



Trudy Wallin, Alycia Larson, Diane Brown, Julie Steiner and Phyllis Malin represented the Friends of VMH at state convention in Stevens Point.



Julie Steiner was installed as the new Partners of WHA State Treasurer. Bonnie Olson is pictured conducting the



Trudy was the lucky winner of the 50/50 raffle, not once, but twice!

## Community Health Report Drugs End Dreams - The Opioid Crisis

Our health education topic **DRUGS END DREAMS**, has focused on the opioid epidemic. There has not been an absence of news on this topic, and no simple answers, as overuse and overdose numbers remain high.

What's being done:  
**WISCONSIN** – In 2013, Rep. Nygren introduced bills that laid the foundation for his Heroin, Opioid Prevention and Education (HOPE) Agenda. A total

of 30 proposals now make up the Agenda.  
--Governor Walker created the Governor's Task Force on Opioid Abuse in 2016  
--The [Prescription Drug Monitoring Program](#) (PDMP) became mandatory in April 2017.  
--Drug take back events and distribution of lock boxes and lock bags are held throughout the state.  
--The Wisconsin Department of Justice set up the website DOSE OF REALITY to explain

the risks and dangers of using prescription narcotics.

—The DHS awarded a \$500,000 annual grant to the UW System in April 2018 to provide doctors guidance on treating patients who may have an addiction.

--17 counties and 4 tribes were awarded one-year grants totaling nearly \$2.4 million to provide treatment to people addicted to opioids. In August 2018, 70 community coalitions were awarded grants

from the Wisconsin DHS to support their work preventing opioid abuse.

We should make it a priority to ensure that people with substance use disorders receive medical care, psychosocial interventions, and long term treatment. Thank you for your support and participation in our health education focus.

*Sherry Jelic – CHE Chair –  
Partners of WHA*



# 2019 Dates to Remember

Friends of VMH mtng.  
January 14th

Spud Bowl  
January 24th

Staff Appreciation  
Lunch  
February 11th

Friends of VMH  
meetings  
March 11th

April 8th  
May 13th

Spring Craft Show &  
Bake Sale  
April 4th

Nutman Sale  
April 15th & 16th

Advocacy Day - Madison  
April 17th

Spring District Mtng.  
Adams Friendship  
April 24th

Geranium Sale  
May 10th

Taco Luncheon  
June 27th

Mum pre-orders  
begin  
August 8th

Brat Sale  
August 22nd