

in this issue >>>

- Future Dues
- Jan.. Meeting Updates
- Projects
- Fundraising
- New Members
- Events



Partners With Our Lady of Victory Hospital Newsletter

The Partners

March
2019

current topics >>>

Have you paid your 2019 dues?

It is only \$5 PER year. We want to keep our cost reasonable and would like to focus more on activities, volunteering, and supporting the hospital!

Please send to:

ATTN Membership
1120 Pine Street
Stanley, WI 54768

Would you like to receive your newsletter electronically via email? Let us know by sending an email to: Lacey.chapek@ascension.org



January Member Meeting News

Details of Meeting held Tuesday, January 8th

We brought back the 'pot-luck' and enjoyed dinner and laughs with our meeting that evening.

We discussed waiting room furniture again for the Specialty Clinic. This clinic is where outside doctors, like orthopedics, urology, or cardiology, visit during the month to serve the patients in our area that may not be able to get to Chippewa Falls or Eau Claire as easily.

The vote decided that the Partners would contribute a set amount of money to this project. Sarah Mueller, Coordinator of the Specialty Clinic, described the needs of the patients there.

"With our ortho patients, especially those that have had hips or knees replaced, they cannot sit in those low chairs and couches. It puts their new joints at risk. We need some of the taller chairs."

"Those
pumpkin rolls
were to die for!"

-Alissa
Broughton

She also pointed out that these chairs are made of a durable material that can be cleaned more easily, making them better for infection control.

We decided on next quarter's meeting place and time. There was also discussion around the theater princess party. Sarah and Lacey have been mostly thwarted on this project by Mother Nature and will update at the next meeting.

Have Your Say: Be an Advocate

It should come as no surprise that health care will be a major issue this legislative session. Health care matters to everyone. While it is unclear which issues will take precedence and how the dynamics of divided government will play out, one thing is clear—your elected officials will make important decisions impacting Wisconsin hospitals' ability to deliver high-quality, affordable, and accessible health care.

Before those decisions are made though, you can have your say. The Hospitals Education and Advocacy Team (HEAT) is a statewide network of more than 2,400 advocates serving as a powerful voice for Wisconsin health care. The HEAT program facilitates your involvement in the public policy making process by not only providing up-to-date policy information for you to read and share, but also highlighting key issues for you to give voice to. We call that taking action, or *advocacy*.

Elected officials value hearing from their constituents to better understand the issues and their impact. The Legislature will be taking up the state's biennial budget in the coming year, making it more important than ever that Wisconsin hospitals have a strong advocacy voice. And we need your help:

1. Elevate your engagement and be ready to take action.
2. If you are not already a member of HEAT, sign-up TODAY! Go to <https://www.wha.org/EngageInAdvocacy/EngageinAdvocacy>.
3. Be a leader and encourage others to have their say and be advocates by joining HEAT.

For questions or comments, contact WHA's Vice President of Advocacy Kari Hofer at khofer@wha.org.



"Reaching Out" February 2019

Partners Reaching Out is published four times a year by Partners of Wisconsin Hospital Association, Inc. Visit the Partners website at www.partnersofwha.org. Direct questions or comments to:

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Public Policy Education Report

My name is Ronald Stephen Williams and I am the new state PPE chairperson. I am comfortable with being called Ron. But over the years, I have gone by many different names! Many of my students in my 37 years in public school education called me Mr. Williams, The-Guy-Who-Played-the-Piano. During my 64 years playing pipe organs and pianos in churches and directing choirs in both school and church, I was called the Minister of Music or the Director of Music. In my volunteer role at the hospital, I am usually called the Man-Who-Plays-Piano-at-the-Hospital.

I have been a volunteer at Community Memorial Hospital (CMH) in Menomonee Falls, WI for 15 years and I volunteer at the main desk as a greeter and escort. I also play the piano for our annual Love Lights Tree Lighting ceremony, the Foundation's Donor Recognition Reception, Employee Service Recognition event, and music in Behavioral Health department at CMH. This winter, I will be starting a music activity on the third floor called the ACE (Acute Care of the Elderly) unit. My portable digital piano, purchased by our Volunteers in Partnership at CMH, has a full size key board, so I have the full range of a regular piano. I will be on the unit during select dates to provide music to the patients and staff by interacting with them about the music, playing requests, and talking with them about the music. My time on the unit is a fun time to allow patients to sing, listen, and remember music from their past and enjoy listening to old favorites as well as some new music from today. While I'm playing, I encourage them to listen, sing, smile, keep time, make requests, enjoy the moment, and remember the fun time of musical memories.

The music session is always flexible and I always adjust my music to their interests. It's very enjoyable to see patients break out into song when they hear music from their past, and it's fun for me to see them smile when they hear and recall memories and then share those memories with me. I always feel lifted up and alive after I am done volunteering. Who ever said hospital life was dull? Not only do the patients benefit from the music, but so do I! I always look forward to volunteering and I always leave "with a song in my heart" for all of them.

If you are interested in starting a music program at your hospital, please reach out to me and I will be happy to give you more information.

Ron Williams, PPE Chair
262-415-8142
Email: wsr36@twc.com

"Reaching Out" February 2019



Here is what our Specialty Clinic waiting area looks like now. According to Sarah, furniture purchased by the Partners will arrive in May. Our patients will be so appreciative!



Remember to contact Alissa Broughton if you think a member may need a card for a little 'sunshine.' Or maybe birthdays or anniversaries at work or with the Partners. Her phone number is 715-864-2612 or email her at Alissa.broughton@ascension.org

Community Health Education Report



Sherry Jelic

Thank you to all volunteers for supporting our health focuses and initiatives. When we move forward with knowledge and understanding, we also move our organizations and communities forward by decreasing stigmas and encouraging everyone to live the healthiest lives possible.

We begin the New Year 2019 with a new health topic—mental health. Why do we want to take this focus as our health topic?

The news releases have many examples of a failure to address mental health issues. How many crimes are committed by a person who could not access care for his delusions? How many are homeless because families cannot understand or are afraid of erratic behavior? How many suffer from the disease of substance abuse because they can't find relief from underlying fears, anxieties, and emotional traumas? How many harm themselves or end their lives because they can find no other relief from internal pain?

Mental health is defined by the World Health Organization as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Mental health includes emotional, psychological, and social well-being, affecting how we think, feel, and act. It helps determine how we handle stress, relate to others, and make choices. Many factors contribute to mental health problems, including biological factors, life experiences, family history of mental health problems, and seasonal affective disorder (SAD). Mental health can affect physical health—eating, sleeping, and activity. If you don't have a healthy mental state it will be hard for you to live your life to its fullest extent.

Mental disorders are diagnosable illnesses in which thinking processes, mood, or behavior are altered, resulting in distress and inability to function in daily life.

One in four Americans experiences a diagnosable mental disorder in any given year, and many also have a physical health condition. Mental health issues are more common than heart disease, lung disease, and cancer combined. We freely discuss our physical problems, but not mental health. If we develop a cough, we take a medication or visit a doctor. But if there are lingering feelings of worries or a sense of hopelessness, a person may continue along as though nothing is wrong. Too many suffer in silence because negative attitudes or beliefs result in fear, rejection, distrust, discrimination, or avoidance. These may affect areas in their lives such as housing, employment, or relationships. Did you know that in the U.S. and much of the developed world, mental disorders are one of the leading causes of disability?

So why do we want to take on this focus? The answer is because mental health affects ALL of society in some way. We as volunteers in health care can make a difference—learning, understanding, and advocating for actions that provide equity of care for all health issues, the visible (physical) and the invisible (mental).

Sherry Jelic, CHE Chair
608-235-9526
Email: sjelic@msn.com

New Discussion Topics >>>

- **Love Lights-** we will set up a committee to discuss how we can make it even better. Possibly selling bulbs in addition to lights?
- **Strong Bodies-** could the Partners sponsor community members that are interested in joining this program but unable to pay the fee?
- **Book Fair-** for 2019 is set up. Bettie Stopka and Pat Jankoski will spearhead this project again this year. More info to come!
- **Stanley Parade-** the hospital will be putting a float through the parade, as they will be celebrating the 100th Anniversary of the hospital this year.
- **Stanley Rodeo-** any kind of fundraising booth for the Partners there?
- **Scholarships-** voting on applicants will be done by Nicole, Roxy, Joyce and Donella. Please let Nicole know if you'd like to be a part of this committee.



Have New
Ideas?
Bring 'em
to the
meeting!!

Membership >>>

Please Welcome Our
Newest Members,

Jennifer Kuester
Barbara Cadwell

Officers

President:

Donella
Christianson

Co-President:

Marian Walsdorf

Secretary:

Roxanne Novotny

Treasurer:

Nicole Dekan

Did You Know? >>>

"I would like to be a Partner but it is hard for me to get out and about."

Want to help your local Partners but don't seem to have the time, energy, or ability? We have the answer! With fundraising projects and ideas picking up, we will need help putting together packets for sellers, coordinating phone calls, distribution, and other paperwork.

Do you sew, knit, or crochet? We are always looking for stuffed animals or blankets for our children that come into the emergency room. We also donate hats and mittens to the local schools.

Like to bake? We always need snacks or refreshments for various events, like the booksale, Lovelights Ceremony, meetings, and other ideas that are coming in the New Year!

Partners of Wisconsin Hospital Association, Inc.



*Partners of WHA President:
Jan Molaska*



*Partners of WHA President-Elect:
Peg Larson*



Dates to Remember

Upcoming...

April 3

West Central District Spring Meeting hosted by Partners of HSHS St. Joseph's Hospital at the Presbyterian Church in Chippewa Falls.

April 9th

Partners Meeting Tuesday **5:00pm** at Tom's Bar and Bowl in Stanley (I spoke with Tom & says leagues will be done.)

Bowling, Food, and Fun to follow!

April 17th

Advocacy Day, join your fellow healthcare volunteers in Madison on Wednesday to learn about, and affect Public Policy.

Way Ahead...

September 7th

Saturday we will be celebrating OLV's 100th anniversary with a picnic at Chapman Park.

October 1st-3rd

Convention in Appleton! Join your colleagues to celebrate our volunteers, as they are the real gems!



Ascension

Partners With Our Lady of Victory Hospital
1120 Pine Street
Stanley, Wisconsin 54768

If you would like an announcement, article, or photo put into the newsletter, please contact Lacey Chapek at 715-644-6134, or email lacey.chapek@ascension.org

We will try for quarterly newsletters to keep members updated!