

HEARTBEAT



September 2020

Volunteers of Howard Young Medical Center
Woodruff, Wisconsin

VOLUME 21, ISSUE 3

MISSING YOU

A message from your Leadership Team, August 2020

They say Patience is a Virtue – ‘Not so sure how virtuous most of us feel after months of hand-washing, social distancing, no hugs or even handshakes! But, have you heard how cycling, kayaking, hiking, and canoeing and even neighborhood greetings have increased lately? Camping in the great outdoors is also enjoying a resurgence for many families.

Make no mistake, we are fully aware of the trials still endured by so many in the Northwoods, including so many of our honored seniors and those with compromised health conditions. If you know of someone (or yourself) who could use a helping hand — someone to shop for you, or give you a ride to an appointment, please know that we are ready and willing to help, or we'll find someone who can help you. Call any one of us. Really, just call. We are in this together.

Your Leadership Team has been meeting via phone, just to check-in and share any topics that may come up.

Partners of Wisconsin Hospital Association (WHA) has canceled the State Convention for this year. They will be contacting member delegates in the near future to participate in the election of officers. We'll keep you informed.

Ascension COVID-19 testing - Ascension has no plans at this time to do asymptomatic testing. Volunteers are advised to contact their physician if they have concerns.

The Trivia Quest fundraiser has been canceled for this year.

Ascension administration has advised that volunteers and visitors will not be allowed at the Hospital until after the New Year at which time conditions will again be evaluated. They will keep us informed of any changes. Please continue to pray for healthcare personnel and all essential workers during this difficult time.

We look forward to the time when all can be at their posts at Howard Young. Stay safe and be well!

With gratitude,

Dave Christensen, President - (1) 715-588-7183
Mary Lou Shepski, Vice President - 715-356-6917
Sandy Hilgemann, Treasurer - 715-573-8171
Helen Travis, Gift Shop Manager - (1) 715-277-4347
Carol Neuberger, Member-at-Large - 715-356-2934
Barbara Schjonemann, Advisor - 715-892-6322
Addie Halfmann, Secretary - 715-356-7830





Reduce Your Anxiety, Boost Your Mental Outlook, Savor Your Free Time

Take a walk outdoors – in your yard, on your street or at the park. Do some yoga or other indoor exercise routines when the weather isn't cooperating.

Pull out board games or puzzles that are gathering dust on your shelves. Catch up on books you've been meaning to read.

Look in a cookbook or go online for a recipe you've never made – whether it's an awesome salad or delectable new entrée.

Get rid of five things you never use.

Make a wholesome breakfast and focus on eating it without any reading or interruptions.

Think of something you've dreaded doing and complete it. Then, cross it off your list.

Listen to a podcast on a subject that interests you.

Relieve your anxieties in the moment by paying attention to your breathing and noticing if you are OK right now, with no thoughts of the past or future.

To slow yourself down, eat an orange very slowly, segment by segment. Savor the taste, touch, sight, and smell as you take each bite.

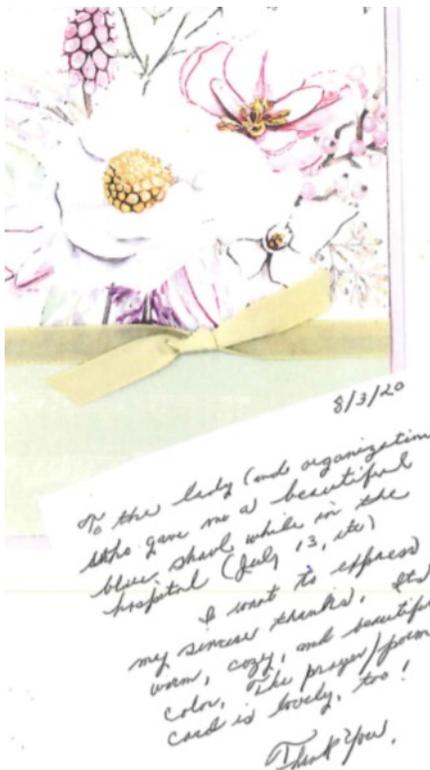
Let go of the guilt of something you "should" do and replace it with something you want to do.

Clean out your garage, or a closet, drawer, or shelf.

FaceTime or video chat with one or more family members.

Watch a sunrise or sunset or appreciate something in nature you rarely have time to notice.

These small gifts you give to yourself can help you to be more resilient and grounded, even in uncertain times.



Prayer Shawls

I'd like to share the note of thanks we received for the volunteers that make the beautiful prayer shawls. I have included a copy of the card/note and photo of Jen Davison, Associate Chaplain with a new delivery of shawls from our volunteers. Please share our appreciation for their continued gifts.

Laurie Oungst





PARTNERS OF WISCONSIN HOSPITAL ASSOCIATION (WHA) WHO WE ARE?

Many of you are probably under the assumption that your auxiliary or volunteer group is an entity in and of itself. Each local organization might do its own thing, but there is a much larger picture. Many local organizations belong to districts and the districts make up Partners of WHA – the state wide organization that represents healthcare volunteers from all over the state of WI.

I recently received this comment from a new member of a local board: "...it seems that the lack of knowledge of the "Partners" itself is a void. As I said, until I became involved in the Volunteer Board, I do not believe that I had heard what "Partners" was or even the existence of it. That void is huge."

Please share this information with all members, hospital administrators, director of volunteer services and community members, so that the mission of Partners is known and celebrated. For additional information please feel free to contact me: jmolaska@gmail.com.

With gratitude to all,

Jan Molaska, President - Partners of WHA, April, 2020

Here is an overview of PARTNERS OF WHA.

First, a short history:

In 1951, the Board of Trustees of the Wisconsin Hospital Association (WHA) appointed a committee of three women to study the need for a Wisconsin Hospital Association Auxiliaries Association (WHAA). During the year questionnaires were sent to all hospitals to ascertain the number of existing auxiliaries, the various projects and programs involving volunteers and which hospitals were considering starting such organizations. There were 81 replies. Of these, 43 auxiliaries reported programs and volunteer services. There were 16 requests for assistance, either in organizing or with some particular project.

In 1953, hospital association membership for auxiliaries became a reality, with membership limited to those auxiliaries whose hospitals qualified for membership in the state group (WHA).

In 1954, the Board of Trustees of WHA voted to accept WHAA as a committee within the framework of the WHA – a concept that would lay the foundation for the WHA/WHAA relationship that exists to this day.

In 1962, a Constitution and Bylaws for WHAA were compiled and voted into existence. Local auxiliaries began to actively promote health careers and sought aid and expertise from the parent organization -WHA. During the years to follow, WHAA became interested in legislative issues concerning the health care industry, and urged local auxiliaries to adopt the study of these issues as an integral part of ongoing programming. WHAA encouraged local auxiliaries to establish scholarships for students pursuing a career in health care.

1972 was marked by the development of the first leadership manual. Over the years, WHAA has grown and developed into a strong service organization and maintains an active liaison with WHA with which it shares common goals.

In 1983, the membership of WHAA voted to become a non-profit corporation to be subsequently referred to as the Wisconsin Hospital Association Auxiliaries, Incorporated (WHAAI).

In March 1996, in an effort to reflect the ever-changing, broad based needs of state wide health care providers, name changes for the organizations occurred. WHA became Wisconsin Health and Hospital Association. In 2002, the name was changed back to WHA. In 2003, Wisconsin Hospital Association Auxiliaries, Inc. changed its name to Partners of Wisconsin Hospital Association, Inc. (Partners of WHA, Inc.) which remains the name to this day.

Since 1993 Partners of WHA have instituted three awards.

*In 1993, the **Honor Points Award** was first presented. This award is presented each year at the annual convention to organizations that fulfill specific requirements.

*In 1994, the **Best of the Best Award** was begun. This award is presented each year to an onsite administrator, who has demonstrated exemplary support of the local Partners volunteers in their facility.

*In 2003, the **WAVE Awards**, "Wisconsin Award for Volunteer Excellence" were presented for the first time. There are four categories: Community Service, Fundraising, In-Service and Community Outreach and/or Collaboration.

Present day:

Partners of Wisconsin Hospital Association, Inc. is a non-profit, state wide volunteer service organization representing over 8500 hospital volunteers, of which the Wisconsin Hospital Association (WHA) is a strong supporter.

The President of the Board moves into the Presidency following two years as President- Elect. A President-Elect, Secretary and Treasurer are elected biennially by the voting delegates at the state convention. The state Partners Board is composed of the four officers, the seven District Chair, chairpersons for the following committees: Community Health Education, Public Policy Education, Strategic Planning, and Bylaws, the Immediate Past President, a Parliamentarian, and additional committee members appointed by the President. Partners is governed by a set of Bylaws which have been adopted by and can be amended by a vote of voting delegates at the annual meeting. Every two years, the Board adopts a health issue to focus on. This becomes the project of the Community Health Education (CHE) Chair to research and provide information and resources to the district and local CHE representatives. The Public Policy Education (PPE) Chair works with WHA personnel to keep everyone informed on legislative issues that affect healthcare.

The statewide **Partners** of WHA organization is divided into 7 districts. The districts and the number of local hospitals they represent include: Lakes (9 hospitals), North Central (10 hospitals), Northwestern, (6 hospitals), Southeastern (7 hospitals), Southern (7 hospitals), West Central (6 hospitals) and Western (9 hospitals.) Local organizations operate by the policies that their members establish.

Each district has a District Chair and a board consisting of a secretary, treasurer, Community Health Education Chair (CHE) and a Public Policy Education Chair (PPE). These District officers are elected by members of their district organizations. *(Please check the PARTNERSOFWHA.ORG website to see a listing of all organizations).*

District meetings are held in spring and fall. At the spring meeting, members of the state Board travel to each of the districts to participate in the meetings, listen to concerns and needs within the districts and share information and ideas on what is happening around the state. These meetings provide the opportunity to network with other volunteers, share ideas, and receive updates on health concerns and issues at the local, state and federal level. In 2019 alone, 56 Member Organizations, representing 8550 volunteers donated 894,104.55 hours to their respective hospitals and communities. Money donated back to hospitals totaled \$1,706,170.79 in 2019 and 339 scholarships amounting to \$371,125.00 were Awarded.

Advocacy is a critical element of the work of Partners. Partners' advocacy is grounded in the belief that people matter and their collective voices are powerful in shaping the future of health care. A tremendous number of Partners members show up yearly at WHA's and visit with their state legislators. WHA's Hospitals Education and Advocacy Team (HEAT) helps members communicate with local, state and federal legislators on legislative issues that impact our hospitals, our clinics, and the well-being of all people.

A statewide convention is held yearly to bring members of all Partners groups together for educational workshops, to hear from a panel of legislators and hospital administrators on current health care issues, to acknowledge and celebrate award winners and share information and network to share information with other volunteers from across the state.

From this snapshot, it is easy to recognize the long and important history of Partners of Wisconsin Hospitals. Our members continue to greatly impact their local hospitals, communities and at the state and federal levels. We have accomplished a great deal over the past 66 years but there is much more to be done to assure that quality healthcare continues. An organization is only as strong as it's leadership. It is imperative that individuals take on leadership roles within their local, district and state organizations.



A Message From Our Coordinator . . .

Hello Volunteers,

I checked with Associate Health regarding flu vaccinations for volunteers. Vaccinations will be available to volunteers once they are able to return.

I am currently working remotely but can be reached by email, tracy.hand@ascension.org, or my cell phone 906-287-0891.

Tracy Hand



LUHS Scholarships



Each year, VHYMC supports two \$1500 scholarships awarded to Lakeland Union High School students who are pursuing degrees in health-care related fields. This year's recipients are Lydia Peterson and Emma Rose. Lydia is the daughter of Kirby and Gail and plans to attend Carroll University in the fall. Emma is the daughter of Brian and Laura and plans to attend St. Norbert in the fall.



Sunshine Needed?

Please contact Sharon Casey if you know one of our members who might need a little "Sunshine".

Sharon can be reached by email at: scaseyupnorth@frontiernet.net
If for some reason Sharon can't be reached, please contact Tracy at 715-356-8517.



Areas in need of Volunteer Services

If interested, please contact Tracy Hand, at 715-356-8517.

Treasurer

Public Policy Education – Report on health-related legislation that is pending and how it will affect our hospital. An article for the 'Heartbeat' newsletter is compiled from online sources four times a year.



SAVE THE DATE



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**"I cannot do all the good
that the world needs.
But the world needs
all the good that I can do."**
– Jana Stanfield