

# Volunteers of ThedaCare Waupaca

SEPTEMBER | 2018

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## President's Report

I hope this newsletter finds everyone doing well. It has been a hot and humid summer for us all. The cooler weather is a welcome relief.

We have had another good year. The gift shop is doing very well under the leadership of Andi Crane. The many volunteers who staff the gift shop make it a very pleasant place to shop. If you haven't visited the gift shop lately I encourage you to make a visit.

We had a great Bike Safety Rally. Please read the article inside this newsletter telling all about it. I want to thank everyone again who volunteered their time in making cookies and helping at the event.

The handmade group has changed their name to "Tuesday Morning Stitchers." The same great ladies are still making 'music' with their talent. Stop in the gift shop and look at some of the items they have made. I am always amazed at how beautiful and unique the items are.

Our Geranium Sale has two new co-chairs for 2019. We want to welcome Charlotte Murray and Barb Miller to this position. I am sure they will do a great job.

The new fundraiser for 2018 is the cookie sale at Fall-O-Rama. The event was September 15. Articles for the newsletter had to be submitted before September 15, so there is nothing to report. However, at the October 16 luncheon I will have a report.

Check out the "Calendar of Events" for upcoming events. I hope to see you at the October 16 luncheon at Simpsons.

Lois Kreeger, President

## News From the Volunteer Desk



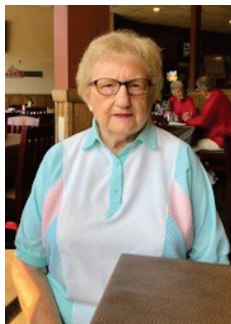
Linda Murie, Tuesday Morning Stitcher's newest member donated a beautiful handmade quilt to the gift shop. Being a small shop with limited space, how could we display this full size quilt? After much discussion a suggestion to have a raffle was decided. Many staff members, patients and volunteers bought tickets hoping to be the lucky one, which generated a lot of fun conversation. The winner was Walter Moore, who had a connection to the hospital, as his mom Betty Moore is a retired nurse and auxiliary member. After finding out his connection it seemed as the quilt was meant to be with someone connected to the hospital.

Please contact Andi Crane at 715-258-1065 if you are interested in volunteering.

Andi Crane,  
Volunteer Coordinator

## Meet Our Members

Charlotte Murray has lived in Waupaca for most of her life. She worked at Riverside Hospital doing admissions and insurance. Along with working she volunteered weekends in the (old) gift shop. She certainly has seen a lot of changes from 1972 until the present. Currently she enjoys working in the gift shop, where she meets a lot of people.



**Charlotte Murray**

Charlotte was born in Waupaca and met her future husband while attending Waupaca schools. They have 4 children, Todd, Steve, Tammie & Stacie. She has 9 grandchildren and 4 great grandchildren. Charlotte and Dick traveled around the US in later retirement. Charlotte has graciously accepted the position of Co-Chair along with Barb Miller for the Geranium Sale. 2019 will be a new experience for them and will be needing volunteers to help. Thank you Charlotte for being a volunteer always with a genuine smile for all she meets.

by Lois Kreeger, President

## Bike Safety Rally

What a great event this was. May 12 was the Bike Safety Rally we organized. The weather was beautiful and the turnout was fabulous. We had 122 children register and gave away 98 helmets. Some of the children chose not to take a helmet. They preferred the one they had. Thank you all who volunteered by helping at the event, or made cookies. We couldn't have done it without your help. We have decided to do it again next year. The event date has been set and it is May 11, 2019.



## Prescription Opioids Focus of Campaign

Jed Wohlt, Waupaca County's public health officer, wants county residents to know just how dangerous and addictive prescription opioids can be. Commonly prescribed pain medications, such as oxycodone, hydrocodone and drugs with natural or synthetic opioids, can be addictive and destructive.

Statewide, opioid-overdose deaths have risen from 111 in 2000 to 827 in 2016, according to the Wisconsin Department of Health Services. Last year, 883 people in Wisconsin died from opioid overdoses. Of the eight opioid-overdose deaths in Waupaca County from 2014-16, Wohlt said six involved prescription drugs.



There were 230 opioid-related hospital discharges in 2016, up 37 percent from the prior year. "Nine out of 10 participants in Drug Court started their addiction by misusing their prescriptions," Wohlt said. There is also a correlation between heroin and addiction to prescription opioids. After an opioid prescription runs out, addicted patients often turn to heroin as a substitute.

As part of its efforts to prevent opioid addiction, Waupaca County is launching a four-month awareness campaign. The campaign includes billboards, video public service announcements at Rosa Theater, radio ads and a Rise Together presentation at the Masonic Center in Manawa. The campaign's message is "It only takes a little to lose a lot."

One of the videos drives home the message with its poignant story of loss. Ann Marie tells the story of how her 20-year-old son Christopher was prescribed opioids for back pain following a car crash. "It took him five days to get addicted," she said on the video. His tolerance for the medication grew and he went from one to 25 pills a day. Within two years of being prescribed opioids, 22-year-old Christopher overdosed and died. "I'm not supposed to be the one to go get his suit and tie and pick out which sneakers I'm going to bury him in," the mother said.

Waupaca County's opioid awareness materials are from the Centers for Disease Control, which provided a \$13,263 grant through the state's health department to the county. Eight other counties received grants for the opioid-awareness campaign. Wohlt said the CDC material will be effective if it "helps people feel more empowered to talk to their doctor about their medications."

by Robert Cloud

Editor Waupaca County Post

Photo courtesy of Waupaca County Public Health

# 18th Annual Triathlon

It was a cooler morning for the 18th annual Waupaca Triathlon. The event started at 7 a.m. in Shadow Lake with a 1/2 mile swim. The first participant was out of the water at 7:11 a.m. The next phase is a 20 mile bike route taking them out on County Road K across Crystal Lake Road to County E to Crystal Road and back on K to South Park. This was a new route from other years due to bridges being out on Berlin Street and Shadow Road. This route was changed again on the day before the race. Crystal Lake Road had fresh gravel!

The route then went from K to Radley Road to Jensen Road to East Road to Spencer Lake Road to E. It's hard making plans. A three mile run is the last part - taking them north on Main Street and through town and back to South Park. The first runner returned at 8:19 a.m. These routes required 50 volunteers to man the corners and cheering on 735 participants.

I would like to thank Judy Trudeau for her help assigning corners and answering all the other questions I had. I am so grateful to her being willing to keep on helping. I don't know if I'm ready to go solo.

Thank you to all the volunteers who helped this year. The job is much easier when you say yes. I hope you will be willing to help again next year too. The money we earn by your volunteering 3 to 4 hours one day a year, supports the scholarship fund, Prescription to Read, bike helmets, and other projects. Thanks again for volunteering. It is very much appreciated. Mark your calendars for August 17, the third Saturday in August for the 19th annual Waupaca Triathlon.

by Faye Sorenson

## Cookie Sale Fundraiser

September 15 we did a cookie sale at Fall-O-Rama. Perhaps you saw us there. This was the first cookie sale we did. The funds will go to projects we sponsor. Since this article had to be submitted for the newsletter before September 15 I don't have any information on how successful this fund raiser was. At the October 16 luncheon at Simpson's I will have a report.

by Lois Kreeger  
President

## Tuesday Morning Stitchers

Tuesday Morning Stitchers are busy prepping for their annual sale, scheduled for November 16 and 17 this year. We are bringing back an "oldie but goodie" - the costume jewelry component. Please be on the lookout for any jewelry you would like to contribute! You can bring your donations to the Fall Luncheon, the Gift Shop, or just email me at: [sacernes@hotmail.com](mailto:sacernes@hotmail.com), and I will arrange to collect them. We are asking that jewelry donations be dropped off no later than November 1. In addition, we will be asking for donations of baked goods, since this has proved to be a successful component of the sale. Signup will be available at our Fall Luncheon, or you can email me at the address listed above.

New members are always welcome on Tuesday mornings from 8:00-10:00. We meet in the conference room next to the hospital cafeteria. Feel free to join us!

by Shari Cerne



Jack Fulcher  
and Jack Heniff



Judy Fabricius

Judy,  
Jack and Jack  
have volunteered  
every year for  
18 years!

## Geranium Sale

Thanks to King Berry who provided the lovely geraniums and beautiful hanging baskets and all the willing hands that helped to make 2018 another successful year. Our profit of \$986 included \$36 for the hanging baskets, \$179 from the bake sale and \$46 in donations.

A special THANKS to each and everyone that helped in any way.

We look to another successful sale next year under the direction of the two new chair-ladies of Barb Miller and Charlotte Murray. Good luck ladies.

by Joyce Buelow  
Past President

## CALENDAR OF EVENTS

OCTOBER 2-4  
WHA PARTNERS CONVENTION  
STEVENS POINT

OCTOBER 9  
FALL DISTRICT MEETING  
KAUKAUNA

OCTOBER 16  
VOLUNTEERS OF WAUPACA  
FALL LUNCHEON

NOVEMBER 8  
BOARD MEETING

NOVEMBER 13 & 14  
BOOKS ARE FUN  
HOSPITAL LOBBY

NOVEMBER 16 & 17  
ANNUAL CRAFT SALE

DECEMBER 4  
LIGHTS OF LOVE TREE LIGHTING  
& VOLUNTEERS CHRISTMAS  
LUNCHEON - LOBBY



## Volunteers of ThedaCare - Waupaca Scholarship Awards

Each year the Volunteers of ThedaCare Medical Center Waupaca awards scholarships to graduating seniors from the area attending higher education in the health care field. We also renew past recipients and offer scholarships to employees pursuing ongoing education.

We are pleased to announce that this year we awarded \$750 each for a total of \$10,500 to the following recipients:

### Initial Recipients:



Brenna K. Bonikowske  
Scandinavia



Logan Feldt  
Waupaca



Sophia Elise Butkiewicz  
Waupaca



Samantha Struzynski  
Ogdensburg

### Lynn Wiler Scholarship:



Kristin Petkovsek  
Ogdensburg

**Renewals:** Ellen A. Field, Weyauwega / Samantha Yenter, Amherst / Brenna Oleson, Waupaca / Taylor Korth, Waupaca / Mandy Tomlinson, Ogdensburg / Joseph C. Ogden, Waupaca

**Employee:** Amanda Traeger, Manawa / Jennifer Schroeder, Waupaca / Stephanie Yenter, Amherst

We are able to fund these scholarships through our Gift Shop, the Triathlon, Books Are Fun, Uniform Sale, Handmade Sale, Linen Sale, Geranium Sale and Brat Fry. We appreciate the members hard work in support of these events.

At our June Board Meeting we voted to make changes to future scholarship awards. It was decided to increase all scholarships from \$750 to \$1000 effective 2019. In November we will further discuss the probable need to set a cap on the total amount awarded in all scholarships.

by Carole Pitcel

## LIGHTS OF LOVE CELEBRATION

December 4<sup>th</sup> is the Lights of Love tree lighting and Christmas luncheon.

We will meet in the lobby of the clinic. The tree lighting will start at 11:30am. We will sing a couple of Christmas songs, light the tree and then have the luncheon.

## MEMORIALS

A memorial donation offers you a thoughtful and caring way to remember a loved one or friend while contributing to our mission.

This gift is made to the  
Volunteers of ThedaCare  
Medical Center

\_\_\_ in honor of \_\_\_ in memory of

Acknowledge to:

Address:

Name(s) of Donor(s):

Address:

**Make check payable to:**  
Volunteers of ThedaCare  
Medical Center Waupaca

**Mail to:**  
Naoma Andersen  
N6667 E Long Lake Road  
Wild Rose, WI 54984



# Fall Luncheon 2018

October 16, 2018

Please respond by one of these 3 options by **October 12, 2018**

Please **FILL OUT AND RETURN** this form to:  
Alice Dombrowski, N2479 Mary Street, Waupaca, WI 54981

**OR**

**CALL** Alice Dombrowski, 715-258-7498 if you plan to attend  
(leave a message if no answer.)

**OR**

You may also **EMAIL** me at [alice1941@charter.net](mailto:alice1941@charter.net).

Name(s) \_\_\_\_\_

I/We plan to attend the luncheon: Yes \_\_\_\_\_ Number attending \_\_\_\_\_

**When:** October 16, 2018 at 12 Noon

**Where:** Simpson's in Waupaca

**Price:** \$15.00 (pay at luncheon)

**Menu choices:**

(order from waitress)

- Chicken Pecan Salad
  - Broiled Haddock with mashed potatoes, vegetable and side salad
  - Roast pork with mashed potatoes, vegetable and side salad
- Coffee and Dessert

**Speaker:** Safe Sitters Program, Sharps Containers, Prescription to Read  
Alice Dombrowski and Ellen Davis from Dragonwings.

Thank you,  
Alice Dombrowski, Membership Chair

