

## ASCENSION GOOD SAMARITAN HOSPITAL VOLUNTEERS

# VITAL SIGNS

December 2019

## Message from a President

Greetings volunteers!

Isn't it hard to believe that December is here and Christmas is approaching quickly? You Good Samaritan volunteers have been busy – 41st Holly Bazaar on November 9<sup>th</sup> was another success. Thanks to each of you who helped with set up and worked during the bazaar.

We held a new fundraiser on the evening of November 19<sup>th</sup> – a **Bow Making & Wreath Decorating** event which turned out to be a smashing success! Fifty-eight women signed up for an evening of hors d'oeuvres, wine and fun and the best part was each person went home with their very own fresh decorated wreath! Lots of smiles and happy ladies!

Our **Dough-to-Go** cookie sale was a HUGE success; we are considering taking pre-orders next year. The sale was held in conjunction with our Gift Shop Christmas Open House on November 22<sup>nd</sup> and we were busy! Thank you to everyone who helped package the cookies and to those who volunteered to work the sale. Cookies remain to be sold – look for the note in this newsletter regarding dates and times.

Our sincere **sympathies** to the family of Marie Merkel, who recently passed away. Marie was a dedicated volunteer for many years with our Holly Bazaar and other service areas. Sympathy is also extended to LeeAnn Lindquist on the passing of her son, Kurt. LeeAnn works in our Gift Shop, helps at the bazaar, and has served on our board as secretary.

Remember there is still time to support the **Tree of Love** by purchasing a tag for the lobby tree. I hope each of you will take part in filling our tree with a tag in memory of loved ones or in support of a group or organization you belong to. Proceeds from this fundraiser are part of our annual bazaar efforts.

December 18<sup>th</sup> will be our final event of 2019 with our **Books Are Fun/Collective Goods Fair**. This is a great opportunity to pick up any last minute gifts on your list so spread the word to your family and friends to shop from 9 am to 3 pm.

**Kudos** to each of you for the countless hours you give to the hospital in our service areas, to those who have helped with each of our fundraisers and events and for all the kindness you share with our patients!

And now as I await our first snowfall of the season, I wish each of you a Blessed Christmas filled with joy and love, a new year of peace and the best of good health!

**Christmas Blessings!**

*Ramona, Presidential Team*

Ascension Good Samaritan Hospital  
cordially invites all Associates, Volunteers  
and Board Members to our complimentary

**Holiday Appreciation Celebration**

Thursday, December 12, 2019



7:00 am – 9:00 am for **Breakfast** Entrée  
Ham and Cheese Quiche, Bacon  
Plus Accompany sides, Dessert & Beverage

**OR**

11:00 am – 1:00 pm for **Lunch** Entrée  
Apple Cranberry-Stuffed Chicken  
Shrimp x2  
Plus Sides, Dessert & Beverage

## Frozen Cookie Dough Still Available!

Cookie dough will be sold in the cafeteria from 11 am to 1 pm Monday thru Friday while supplies last.

\$4.50 per dozen

Double chocolate chip, oatmeal raisin,  
chocolate chip and peanut butter.

Holiday baking made easy - pop in the oven and done!

## DECEMBER BIRTHDAYS

- 1 Brenda Mueller
- Holly Rauen
- 5 Joann Utecht
- 6 Faye Semling
- 8 Emily Pfingsten
- 12 Kathy Graham
- 14 Jean Ravn
- 17 Jean Olson
- 18 Roseann Wetter
- 25 Carol Donner
- Carole Hoge



## DATES TO REMEMBER - MARK YOUR CALENDAR

- Wed, Dec 4 – Volunteer Board Mtg – 1:00 pm  
Cafeteria – Open to Everyone
- Wed, Dec 18 – *Books Are Fun/Collective Goods*  
Sale – Cafeteria – 9 am to 3 pm
- Sat, Dec 21 – Winter begins
- Tues, Dec 24 – Christmas Eve
- Wed, Dec 25 – *MERRY CHRISTMAS!*
- Tues, Dec 31 – New Year's Eve
- Wed, Jan 1 – *HAPPY NEW YEAR – 2020!*
- Wed, Jan 8 – Volunteer Board Mtg – 1:00 pm

## Community HEALTH EDUCATION

### Tips for holiday eating

Patrick J. Skerrett, Former Executive Editor,  
*Harvard Health* - Updated August 29, 2019

It's easy to get swept up in the holiday season. The combination of religious and national celebrations can help keep the cold winter away. But the feasts and parties that mark it can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a tumbler of eggnog here, and some butter cookies there — you could pack on two to three pounds over this

five to six-week period. That doesn't sound like much, except few people shed that extra weight in the following months and years.

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

**Budget wisely.** Don't eat everything at feasts and parties. Be choosy and spend calories judiciously on the foods you love.

**Take 10 before taking seconds.** It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make small-talk. Drink some water. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.

**Distance helps the heart stay healthy.** At a party, don't stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.

**Don't go out with an empty tank.** Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat bread.

**Drink to your health.** A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.

**Avoid alcohol on an empty stomach.** Alcohol increases your appetite and diminishes your ability to control what you eat.

**Put on your dancing (or walking) shoes.**

Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

**Make room for veggies.** At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless covered with creamy sauces or butter.

**Be buffet savvy.** At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

**Don't shop hungry.** Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.

**Cook from (and for) the heart.** To show family and friends that you *really* care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats. Prepare turkey or fish instead of red meat.

**Pay attention to what really matters.** Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.

(Originally written for the *Harvard Heart Letter*.)

## Public Policy Education

### WHA Lauds New Telehealth Improvement Law

Bipartisan Bill Will Increase Access to Health Care  
– Signed into law Nov 25, 2019

The Wisconsin Hospital Association lauded enactment of legislation that will enhance availability of innovative telehealth services to Wisconsin patients. Governor Tony Evers signed Senate Bill 380 into law at the Richland Hospital in Richland Center. WHA President and CEO Eric Borgerding was present at the event and spoke about the importance of updating Wisconsin's telehealth law, "The bill Governor Evers is signing into law brings more parity between in-person and telehealth-provided care and removes outdated barriers to delivering and receiving care through telehealth." "This is especially important for expanding access to critical areas of care like behavioral health, where the need for services is being increasingly understood and growing rapidly. "This legislation, coupled with new investments in broadband infrastructure supported by the Legislature and the Governor, will help Wisconsin more fully realize the promise of telehealth and other new technologies." Senate Bill 380 enjoyed very broad bipartisan support in the state legislature, with 67 cosponsors from both houses and unanimous votes in all committee actions and floor votes. Numerous studies, including Wisconsin's own state employee health insurance program, have determined

that creating access to care through telehealth is a cost-effective strategy for the state's Medicaid program. The legislation is the culmination of three years of work by WHA's Telemedicine Work Group, and includes provisions implementing the work group's four recommendations for the state's Medicaid program:

- Cover telehealth the same as in-person care when the quality of the care provided is functionally equivalent.
- Catch up to Medicare in the number of telehealth-related services that are covered.
- Cover in-home or community telehealth services.
- Increase access to behavioral health via telehealth.

### Enactment of Physician Compact Update – Signed Nov 22, 2019

WHA also praised action by Governor Tony Evers in signing Senate Bill 74 into law. The update to the law ensures that Wisconsin will continue to participate in the Interstate Medical Licensure Compact (IMLC), which allows physicians to apply for multiple state medical licenses without having to resubmit the same basic application information each time. The bill was passed unanimously in both houses of the state legislature. The compact can make Wisconsin's medical licensing process more efficient and ease the administrative burden for health care professionals." Borgerding noted that WHA "needs to ensure that administrative processes don't interfere with access to patient care. The signing was the final step for a bill that enjoyed broad bipartisan support – more than 60 cosponsors from both houses and unanimous votes in all committee actions.

### BE KIND

*for everyone you meet is going through something you know nothing about.*



**'Twas The Night Before Christmas - For Moms!** by Karen Spiegler. December/1993.

'Twas the night before Christmas, when all thru the abode, only one creature was stirring, & she was cleaning the commode.

The children were finally sleeping, all snug in their beds, while visions of Nintendo & Barbie flipped through their heads.

The dad was snoring in front of the TV, with a half-constructed bicycle propped on his knee. So only the mom heard the reindeer hooves clatter, which made her sigh, "Now what is the matter?"

With toilet bowl brush still clutched in her hand, she descended the stairs, & saw the old man. He was covered with ashes & soot, which fell with a shrug, "Oh great," muttered the mom, "Now I have to clean the rug."

"Ho Ho Ho!" cried Santa, "I'm glad you're awake."

"Your gift was especially difficult to make."

"Thanks, Santa, but all I want is time alone."

"Exactly!" he chuckled, "So, I've made you a clone."

"A clone?" she muttered, "What good is that?"

"Run along, Santa, I've no time for chit chat."

Then out walked the clone - The mother's twin, same hair, same eyes -- same double chin.

"She'll cook, she'll dust, and she'll mop every mess. You relax, take it easy, and watch The Young & The Restless."

"Fantastic!" the mom cheered. "My dream has come true!" "I'll shop, I'll read, I'll sleep a night through!"

From the room above, the youngest did fret.

"Mommy?! Come quickly, I'm scared & I'm wet."

The clone replied, "I'm coming, sweetheart."

"Hey," the mom smiled, "She sure knows her part."

The clone changed the small one & hummed her tune, as she bundled the child in a blanket cocoon.

"You're the best mommy ever. I really love you."

The clone smiled & sighed, "And I love you, too."

The mom frowned & said, "Sorry, Santa, no deal."

That's my child's LOVE she is trying to steal."

Smiling wisely Santa said, "To me it is clear, only one loving mother is needed here."

The mom kissed her child & tucked her in bed.

"Thank You, Santa, for clearing my head.

I sometimes forget, it won't be very long, when they'll be too old for my cradle & song."

The clock on the mantle began to chime.

Santa whispered to the clone, "It works every time."

With the clone by his side Santa said "Goodnight. Merry Christmas, dear Mom, You will be all right."

Sometimes we need reminding of what life is all about. Especially at times during the Holiday season, when all we seem to do is clean and bake and shop and and and and and and .... You get the picture, I'm sure.

So stop for a moment and hug that little one so special, whether he/she be 2 or 22, or even older than that. For they are the Gift that God gave us in life...and what a gift to be treasured! May the real meaning of Christmas be with you all.

 **Ascension**  
**Good Samaritan Hospital**  
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 Happy  
Holidays