

Friends of VMH

Vernon Memorial Healthcare, Viroqua

April 2019

News from Your President

Spring is here! Finally!

It's delightful to have the Spring Craft Show and Bake Sale under our belts and to be taking orders for our May 10th Geranium Sale. Thanks to Sarah Howard and DJ Brown for chairing these two projects.

The Nutman will be here April 15th and 16th outside our Gift Shop. If you haven't tried the wonderful assortment of nuts, candies or snack mixes that are available you're missing out! They are delicious! The Nutman provides The Friends with a donation based upon a percentage of their sales. It's proving to be a good fundraiser for us and VMH

I spent 3 days in Madison at the end of March as a member of the state board of directors for

Partners of Wisconsin Hospital Association (WHA). We set the state agenda for the coming year, made some proposed changes to the state bylaws, brainstormed on strategic planning initiatives and prepared the 2020 budget.

Advocacy Day is April 17th in Madison. Former Governor Tommy Thompson is the opening



Julie Steiner

speaker. Governor Tony Evers will also speak. Following a WHA-sponsored luncheon at Monona Terrace, we head to the State Capitol to meet with our legislative leaders. I look forward to traveling with those of you planning to attend this event.

Diane Brown, Trudy Wallin, Phyllis Malin and I will be headed to Adams-Friendship April 24th to our Spring District Meeting. If you've never attended a district meeting or the state convention, please consider it. We learn a lot about what other partner organizations are doing for their local hospitals. It also provides us with new fundraising ideas.

The Spud Bowl Crew



Two-hundred baked potatoes were served at our January Spud Bowl and Cupcake Luncheon. Those helping serve at the event pictured in the photo at left include: Dawn Grimsled, Marlene Swiggum, Veronica Tresner, Barb Theis and Diane Brown. Behind-the-scenes in the kitchen were: Phyllis Malin, Trudy Wallin, Karen Allness, Susan Haser, Barb Solverson, Alice Sloane, Phyllis Krause, Dolores Swanson and Pat Oldenburg.

Development

by Donna Nelson



Vernon Virtues

The VMH Foundation and VMH Friends 2019-2020 scholarship application period is open.

Applications will be accepted until July 31st. Criteria and instructions may be found at www.vmh.org.

The foundation recently hosted a successful kick-off event for their Annual Giving Campaign. The Foundation's 2019 goal is to raise \$100,000.00 to purchase new hospital beds. Senior leaders, Foundation and Corporate board members and Foundation donors have pledged toward this goal. Friends of VMH will learn more about the campaign at the April membership meeting.

You may have heard about the culture change that VMH leaders have been working on over the past two years. We want to be the best community healthcare system in the region. Several teams have been developed to help with this journey. As Kyle has shared with us, we partnered with a consulting group, Capstone, to assist us. I hope to share with you over the next year some of the specific steps we have taken to initiate change. I encourage you to see if you can identify some of the changes.

Vernon Virtues was developed to define the behaviors that are imperative to a healthy organization. Our virtues, we hope, show our excellence in doing the right thing daily with each other and those we serve.

Our cultural goals are lofty and we need to remember that no one is expected to be perfect. Let's agree to see human errors as opportunities, not for shame or

guilt, but for forgiveness and growth as we strive toward our culture of greatness.

Kindness

First and foremost, I commit to kindness. I will use words, body language, and tone of voice that demonstrates kindness and compassion. I acknowledge that difficult conversations may be needed; however I will respect my fellow team members and extend professionalism and kindness even into challenging interactions.

Communication

I will support a free exchange of ideas as it relates to my professional duties. I will value most especially, opinions different from my own, I will be accountable to how I communicate, promoting an environment of inclusion and value.

Growth

I recognize the importance of professional growth and will help create an environment that allows for all team members of VMH to grow and learn. This includes giving and receiving feedback with flexibility and openness.

Appreciation

I will see the value and importance of all team members and the roles they serve at VMH. Each member adds a unique and needed skill/ability to our team. I will acknowledge and celebrate the accomplishments of team members/staff.

Collaboration

I will support an environment and culture that allows patients to trust us with their lives and their health. I commit to being reliable and trustworthy in strengthening relationships with team members and patients.



A check for \$20,000.00 in proceeds from our Gift Shop was presented at our March meeting. Pictured are Nancy Welch, Julie Steiner and Toni Jacobson. Thank you Nancy, Shelley, Barb and all of our gift shop volunteers for the time and effort you put into making our shop such a success!

Community Health Education

Not All Wounds are Visible- A Journey for Mental Health

By Donna Nelson



The new focus for our CHE this year is this, and it does go hand in hand with last year's discussion of Drugs End Dreams.

Unlike other conditions which are selective of who they attack or affect, mental health conditions do not discriminate. Anyone can experience a mental health condition, whether it be a common or uncommon condition.

Wikipedia's definition of Mental Health is:

Mental health is a level of psychological well-being or an absence of mental illness-the "psychological state of functioning at a satisfactory level of emotional and behavioral adjustment". From the perspectives of positive psychology or of holism, mental health may include an individual's ability to enjoy life, and to create a balance between life and activities and efforts to achieve psychological resilience.

According to the World Health Organization, mental health includes, "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others." The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their

community. Cultural differences, subjective assessments, and competing professional theories all affect how one defines "mental health".

Mental health conditions are a growing public health concern and are prevalent on a worldwide scale. Each mental health condition requires different treatment and many are more common than the majority of people think.

The top five facts include:

- 1 in 10 young people will experience a mental health condition.
- Mixed anxiety and depression is the most common health condition.
- Approximately, 68% of women and 57% of men with mental health issues are parents.
- It is estimated that 1 in 6 people in the last week have experienced a mental health issue.
- 1 in 4 people will experience a mental health issue.

Look After Yourself

While mental health conditions require further support, there are certain routine practices you can adopt to help provide you with an effective escapism or ease the stresses of the day.

Reading:

Books provide us with a form of entertainment and escapism. While many people see the fun, relaxing, and

de-stressing aspects of reading, many people are unaware that reading has been known to be beneficial to your mental health.

Eating Well:

Food can have a long-lasting effect on your mental health. The brain requires a variety of nutrients in order to stay healthy and functional.

A healthy diet which incorporates all the food groups on a balanced basis is not only a diet that is good for your physical health but a diet that is also good for mental health.

Keep in Touch with Friends and Family:

Friends and family can make you feel valued, respected, and appreciated. There's nothing better than catching up with someone face to face and having a good ol' chat, but sometimes a face to face meet up isn't always possible-that's where technology comes in. Dropping them a line on social media, picking up the phone and calling them or even sending a traditional letter will help you keep a variety of communication lines open.

Keep Active:

Exercising, whether it be intense exercise or moderate exercise will not only benefit your physical health but will benefit your mental health too.

Regular exercise can boost your self-esteem and can help you concentrate more, sleep better and even feel better.

Better your Day:

Mental health is a condition that can affect anyone, but by implementing a few of these activities into your date can make a big difference to both your physical and mental health.

Public Policy Education

from Trudy Wallin
PPE Chair

Please consider joining our volunteers and staff at Advocacy Day in Madison on April 17th. Let Donna Nelson know ASAP if you are interested so that transportation may be arranged and a lunch reservation made for you.

We hope to be able to meet with Senator Jennifer Shilling, our state senator from LaCrosse and Representative Loren Oldenburg of Viroqua who is serving his first term in the state legislature.

WHA staff will provide us with key healthcare-related talking points for our meeting.

In the weeks ahead WHA will be focusing on reviewing the impacts and implications of the state budget bill.



This is What We Do

If you missed our January meeting....you should be pleased to learn that we awarded over \$18,300.00 in grant monies to VMH causes. We were happy to provide financial support to these clinics and departments:

\$1,993.00 to LaFarge Medical Clinic for a waterproof probe, 2 breast pumps and a pulse oximeter
—\$7,912.00 to the Surgery Department for Aesculap pans
—\$300.00 to Behavioral Health for digital signature pads.
—\$806.00 to Health Education for an AED trainer.

—\$4,224.00 to Cardiac Rehab for a Total Body Recumbent Stepper.

—\$3,075.00 to Physical Therapy for video goggles for treatment of Vertigo/dizziness.

In March another \$1,630.00 was awarded to Behavioral Health for play therapy toys.

VMH Marketing will be highlighting our generosity in the next issue of The Spotlight on Health.

Monies raised in our Gift Shop and our many fundraisers allow us to fund needed equipment throughout the VMH organization.

Save the Dates

THE NUTMAN Company will be here soon!
150 Fine Quality Nuts, Chocolates, Snack Mixes & Candies

Monday & Tuesday
April 15th 10:00 a.m. - 4:00 p.m.
April 16th 8:00 a.m. - 2:00 p.m.

Hospital Lobby - Next to the Gift Shop

Sponsored by Friends of
Vernon Memorial Hospital

We accept Visa, MC, Amex & Cash



Geranium Sale

Hosted by the Friends of VMH

2019 Geranium Colors and Number Available | Pre Orders Available Until May 6th



1. Calliope Large Dark Red (500)
2. Calliope Medium Violet (200)
3. Calliope Large Pink (120)
4. Rocky Mountain Orange (50)
5. Calliope Medium Pink Flame (80)
6. Americana White (150)
7. Patriot Salmon Chile (100)

Friday, May 10th
8 a.m. - ?



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