

PARTNERS OF WHA is committed to advocating for the health of our communities and advancing the success of local health care volunteer organizations, through the coordination and provision of volunteer education, development resources, and leadership opportunities for health care volunteers and their organizations.

A Message from the Partners of WHA President

Membership Decline Needs Researching

We are getting into the dog days of summer, but around here it has just been raining.

I did not get to go on the Spring Tour this year so I missed seeing all of you. I really enjoy visiting with you when we are on tour; I like hearing what is going on in your district and local hospitals and listening to the wonderful speakers you provide at each meeting. But the rest of the team reported back to me and let me know how things went, and from what they say it was fabulous—makes me miss it even more. Since I did not get to meet with you, I would really appreciate any updates or news you might want to share with me. Just phone, email, or postal mail to me. This health problem of mine keeps me pretty much house-bound—a lot more bad days than good ones, and traveling any distance is a challenge. Just drop me a note starting with “Hey Mary, guess what happened.....” I will always reply.

The sad news is we have lost three more hospitals from our membership, which includes Lakes District-Waupun Memorial Hospital, Western District-Neillsville Memorial Medical Center, and West Central District-Mayo Clinic Health System Red Cedar-Menomonie. My question to you is, “What can we do to reinforce our current membership; what can we do to find new members in our districts?”

From what I hear the convention is going to be great. We’re “under construction” to build you a wonderful time—I look forward to seeing you there. Yes, I should be well enough to make it to convention.

Thank you, thank you, thank you for all the wonderful cards and well wishes I have received from across the state. I have dozens and dozens of cards, and lots of flowers, all wishing me well and a speedy recovery. Every one of them is deeply appreciated—really keeps my spirits up and helps me fight the battle. See you soon!



Mary Licht

Mary Licht

729 Morningstar Dr. Unit 1, Portage, WI 53901

608-566-1291 (H); 608-566-5144 (C)

Email: marylicht2608@yahoo.com

A Message from the President-Elect

Unending Opportunities

Summertime brings with it the opportunity for vacations, traveling, and getting together with family and friends. Every day is a new entry in our journals of life.



Jan Molaska

Over the past few months, I have had the opportunity to add numerous entries to my journal. “Spring Tour-2017” was my first opportunity to travel around the state, to participate in district meetings, and to meet and visit with the countless dedicated and loyal volunteers. Sherry Jelic, Community Health Education Chair (CHE), and Barb Filla, Public Policy Education Chair (PPE), joined me on tour. Wherever we went, we observed the wonderful celebration of the volunteer spirit that exists within our organization. The programs presented at the meetings were informative and relevant to our daily lives. Sherry Jelic introduced the 2017 CHE topic, “Drugs End Dreams.” The presentation “DOSE of REALITY” by State Attorney General Brad Schimel heightened our awareness of the growing epidemic of prescription painkiller abuse/misuse and what we can do to prevent the spread of this epidemic.

In May, I attended the American Hospital Association (AHA) and State Auxiliary Leaders (SAL) meetings in Washington, D.C. The highlights of the trip were meeting with and sharing our concerns regarding health care with Wisconsin legislators Senators Tammy Baldwin and Ron Johnson, and aides from the

(Continued on page 2)

***A Message from the President-elect...
continued from page 1***

offices of Representatives Sean Duffy, Ron Kind, and Mike Gallagher, and the opportunity to network with volunteers from across the nation.

My next journal entry was in June when I attended the Wisconsin Association of Directors of Volunteers Services (WADVS) in Eau Claire. Attendance at this meeting allows for collaboration between the directors of volunteer services and Partners of WHA.

The travels are pretty much finished for now but that doesn't mean the work is done. The Bylaws Committee is working on rewriting the bylaws to bring the document up to date. The changes being made will be published in the August 2018 "Reaching Out" and will be voted on at the 2018 convention in Stevens Point.

Speaking of conventions, I hope you have all sent in your registration materials and made hotel reservations. John Tully and his crew have been working diligently to provide educational workshops and speakers. This conference is a chance to renew friendships, make new friends, network, and be re-energized and motivated to address the new challenges we face.

Every day is a clean new page in the journals of our lives. In the past seven months, I have added many new adventures and journal entries. I am very much looking forward to adding many more exciting entries and working with all of you. Please feel free to contact me at any time with any comments, concerns, or questions.

Enjoy the rest of the summer, be safe, and see you in Green Bay in October.

Jan Molaska

715-359-9303 (H); 715-581-9304 (C)

Email: jmolaska@gmail.com

WAVE Applications Received

The WAVE Committee has received the applications and are busy reading and scoring them.

I would like to thank the committee for accepting the request to serve. The members are Liz Emmerich, chair; Pat Freeders; Julie Steiner; Sharon Scott; and Jennifer Frank, WHA liaison.

We have received a total of 13 submissions. The breakdown is as follows:

Community Service - 8

Fundraising - 2

In-Service Hospital Volunteer - 2

Community Outreach and/or Collaboration - 1

The Committee will meet via teleconference July 20 to share their scores and select the final winners.

Good luck to all the participants who submitted an application. I look forward to presenting the awards at the convention in October.

Liz Emmerich, Chair

738 Brucker St., Medford, WI 54451

715-748-4192

Email: larryemmerich@gmail.com

Committee Gears Up for Partners Convention

As I write this, we are only three months away from the Partners of WHA Convention in Green Bay at the Hyatt on Main Street October 3 - 5, 2017. Our theme is "Partners Building a Better Future."

All the reservation booklets have been mailed out. Remember, ALL registrations are due by September 1, 2017. Room reservations must be made by September 10.

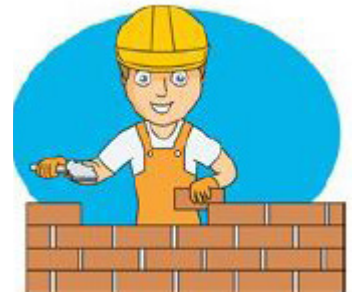
Don't forget to bring your silent auction item, and Thursday, October 6 is Wear Red Day. Make sure you bring something red to wear for that day, as Rep. John Nygren will speak on opioid abuse.

We still need bottles of wine for the Wine Auction, so please feel free to bring whatever you can.

The committee chairs have a fun and interesting convention planned for you, so don't forget to pack your hard hats. If there are any questions or concerns, please do not hesitate to contact me. I look forward to seeing you all in October!

John Tully, Convention Chair

Email: balduck@citizens-tel.net



Whole Foods Make Healthy Smoothies

Whole foods are foods in their natural state or processed and refined as little as possible. You'll find fresh fruits and vegetables at a farmers market or the outside aisles of your local supermarket.

Unlike processed or convenience foods, whole foods tend to be loaded with vitamins, minerals, fiber, antioxidants, and other nutrients. Plus, they are lower in fat, sugar, calories, and salt. Whole-food smoothies are much like eating the whole food. Below are some ingredients used to make healthy smoothies.

- **Berries** – Colorful berries, including blueberries, blackberries, raspberries, and strawberries, appear to have heart-healthy effects. Research suggests they may lower blood pressure and positively influence blood vessel health. Berries are rich in antioxidants—substances associated with a lower risk of cancer, heart disease, and Alzheimer's disease.
- **Greens** – Like berries, dark leafy greens, such as spinach and kale, are antioxidant-rich and are a good source of calcium, fiber, and iron.
- **Low-fat and fat-free yogurt** – Dairy products, such as milk and yogurt, are a major source of calcium, vitamin D, and protein. However, keep saturated fat and sugar at a minimum by choosing varieties that are low-fat or fat-free and don't have sugar.
- **Almond, coconut, or soy milk** – These milk substitutes, found in the dairy case, can provide calcium and vitamins A and D without a lot of saturated fat or calories. They are great options if you are lactose intolerant, don't eat meat products, or have a dairy allergy. Soy milk also contains a good amount of protein.
- **Citrus fruit** – Lemons, limes, and oranges are brimming with antioxidants and essential nutrients, including vitamin C. Instead of sugary, store-bought juices, try adding some fresh-squeezed citrus.
- **Tropical fruit** – They're sweet, exotic, and abundantly healthy. Pineapple, mango, and papaya are high in vitamin C and good sources of dietary fiber and potassium. Avocado, which is higher in fat, provides ample fiber and potassium.
- **Bananas** – Rich in potassium, bananas also offer welcome sweetness and flavor.
- **Herbs, spices, and extracts** – Cinnamon, mint, nutmeg, ginger, and vanilla enhance the flavor of your smoothies without decreasing the nutrition.

Try this green smoothie and see what you think:

- 1 banana
- ½ c. strawberries
- Juice of 1 lemon (about 3 T)
- ½ c. other berry (blackberry or blueberry)
- 2 oz. fresh baby spinach
- 1 T fresh mint (more or less to taste)
- 1 c. cold water or ice cubes

Place all ingredients in a blender and puree to desired consistency. Makes about four 6 oz. servings.

Daniel Roberts, MD
Mayo Clinic Health



Transporting Your Groceries

Follow these tips for safe transporting of your groceries, especially during the hot times of the year:

- Pick up perishable foods last, and plan to go directly home from the grocery store.
- Always refrigerate perishable foods within 2 hours of cooking or purchasing.
- Refrigerate within 1 hour if the temperature outside is above 90 degrees.
- In hot weather, take a cooler with ice or another cold source to transport foods safely.

Public Policy Education Report



Barb Filla

In May, three state WHA Partners members accompanied Eric Borgerding and Jenny Boese of WHA and many Wisconsin hospital administrators and representatives to Washington, D.C. I am truly grateful for the opportunity to attend to support quality health care and our hospitals! We met with Wisconsin members of the House and Senate to discuss important issues and solutions for Wisconsin hospitals and patients. **THANK YOU, Eric and Jenny, for a phenomenal job in organizing, preparing materials and information for us, and delivering our Wisconsin message to Washington, D.C. Congress!!**

The discussion focused on these important areas, with excellent grassroots input from the entire Wisconsin delegation:

American Health Care Act (AHCA)

- Tout Wisconsin's coverage gains over the past four years (a 38% reduction in uninsured) through the 'Wisconsin Model' pursued by Wisconsin that covered everyone in poverty in Medicaid and a bit over poverty level by moving them onto the federal exchange. Over 225,000 individuals in 2016 found affordable coverage on the exchange, of which 85% received income-based premium assistance averaging \$332/month and 129,000 received cost-sharing assistance for copays/deductibles.
- Wisconsin's 'partial expansion' (above) should be funded at same level as full-expansion states.
- AHCA provisions, like 'safety net' fund and DSH roll back, do not offset Wisconsin costs.
- Concerns that AHCA doesn't address situations where providers/states have no control.

Support Rural Hospitals

- WHA supports the 'Rural Hospital Access Act' (S 872/HR 1955) which would make permanent two Medicare payments which expire September 30, 2017.
- Critical Access Hospitals (CAHs): WHA and CAHs continue to seek a statutory fix to the "96 hour rule" by reintroducing and passing the Critical Access Hospital Relief Act.

Support the 340B Program (Drug Discount Program)

- Important to many rural and urban safety-net hospitals in Wisconsin to address the increasing cost of pharmaceuticals.

Discuss Wisconsin's High-Quality, High-Value Health Care as an Important Reason to Recognize and use Wisconsin as an Example and Basis for Health Care Policy at the Federal Level

- Wisconsin ranked: #3 in the nation for health care quality by AHRQ; in top four states for last nine of 10 years; overall health care system ranked 11th in country by The Commonwealth Fund; Wisconsin's results/outcomes last four years (above) plus several more reasons too long to share here.

**Special invitation to all PPE chairs (local and district)
October 4, 2017 at State Convention of Partners of WHA in Green Bay, WI**

A 7:30 a.m. breakfast meeting for all PPE Chairs will be held in Ballroom A3 at KI Convention Center. Bring breakfast from the hotel buffet and join me and your PPE peers from around the state for networking, updating, sharing, answering questions, discussion, annual state reports update, and more.

What are your questions? Ideas? Thoughts? In August, I will email all local and district PPE chairs requesting questions and discussion ideas on how volunteers may provide even more useful levels of service as a local and statewide PPE team for quality and cost effective health care. Your input is valuable, and I will appreciate hearing from you!

Barb Filla, PPE Chair
4511 E. Robin Meadows Ln., Eau Claire, WI 54701
715-514-0904; Email: 1bluebird88@gmail.com

Rules to Be Happy

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Community Health Education Report



Sherry Jelic

“Drugs end dreams – opioid abuse is a community issue.” In 2017 on an average day in the U.S., someone begins **nonmedical** use of opioids every 22 seconds; someone starts using heroin every two and a half minutes; someone dies from opioid-related overdose every 16 minutes; and by May 18, more than 12,500 Americans had died from an opioid overdose in 2017 according to the Centers for Disease Control and Prevention.

Opioid use is nothing new. People in the U.S. have been taking, smoking, or injecting opioids in various forms since at least the 19th century. Bayer, the pharmaceutical company we associate with aspirin, used to sell heroin as a cough suppressant and pain reliever for children in the late 1800’s and early 1900’s. An article in the *Washington Post* from June 2, 2017 referenced a letter written in 1980 by Dr. Hershel Jick, a Boston University doctor. After review of nearly 12,000 hospital records, he concluded that addiction to narcotic painkillers was rare in hospitalized patients. In following decades, doctors, pharmaceutical companies, and others used this letter as evidence that the risk of addiction was low and that liberal prescription use was justified. In almost 500 articles, no mention was made that this research was only done with hospitalized patients on small monitored doses, not those given bottles of narcotics to take at home. *“This pain population with no abuse history is literally at no risk for addiction,”* read one 1998 article.

But today opioid abuse is a community health issue. It has become a complex and chronic issue affecting thousands of families each day. One in seven Americans faces substance addiction, according to the Surgeon General’s 2016 report. Toddlers are dying of drug overdosing. Wisconsin is seeing an increase in babies born dependent on opioids or other addictive drugs (*Fox News 6*, February 12, 2017). Children are left without parents, brothers, sisters, and friends; parents are left without their children. Although experts say they know treatment works, people aren’t able to access the help they need when they need it. Only one in 10 people with substance abuse disorders receive the treatment and support to address their addiction. Addiction is not a choice that an individual makes, but the result of bad decisions.

On June 16, two bills passed in the Wisconsin Senate, one granting persons immunity from probation, parole, or extended supervision revoked for possessing a controlled substance while seeking or giving emergency assistance to another, and the second extends comprehensive programs to those who are suffering from addiction, making it easier to get needed help. The ultimate goal is to help as many people as possible succeed in recovery.

REMEMBER:

- Lock up opioids, especially to keep them out of the hands of teenagers.
- Use pain killers safely. When given opioids, know what they are for and how to safely take them. Ask if there are other ways to relieve the pain.
- Dispose of the pills safely, such as turning them over to law enforcement agencies or participating in community “take back” days.

Sherry Jelic, CHE Chair
7574 Suffolk Down, Sun Prairie, WI 53590
608-235-9526; Email: sjelic@msn.com

A Little Humor for Your Day



God made man before woman so as to give him time to think of an answer for her first question.

I was always taught to respect my elders, but it keeps getting harder to find one.

Every morning is the dawn of a new error.

Around the State

Fort HealthCare Partners, Fort Atkinson:

Volunteers are participating in a "Yarn Extravaganza" for people who knit, crochet, or are crafters for the Christmas trees displayed in December for the community project for Fort HealthCare and Tomorrow's Hope.

Ministry Health Care Volunteers, Merrill:

The "Beer Bottle Project" began by Teresa Baker, volunteer. She creates table vases with beer bottles, ribbons, raffia, scrapbooking supplies, buttons, broken jewelry, wall paper scraps, jute, and twine. Look for them in their gift shop.

Friends of Vernon Memorial Healthcare, Viroqua:

New moms delivering in the OB Department now receive a "New Arrival Welcome Package," which includes homemade flannel nursing pillows and bears. The baskets also include a VMH swaddle and quilted or crocheted blanket.

UnityPoint Health - Meriter Volunteers, Madison:

The Volunteer Recognition Luncheon in spring had a theme of "The Oscars." Everyone was encouraged to wear Oscar attire. Attendees played games – Oscar Trivia Quiz and Acceptance Speech Ad Lib. A fun time was had by all!

Partners of Ministry Eagle River Memorial Hospital, Eagle River and Auxiliary of Howard Young Medical Center, Woodruff:

These two groups combined forces and had a "Spotlight on Fashion" show with a used purse raffle at the White Tail Inn in St. Germain. Fashions were used from MERMH Thrift Shop and accessories and gifts from the AHYMC Gift Shop. Gently used purses had a NEW item worth at least \$10.00 placed inside such as soaps, lotions, scarves, jewelry, gift certificates, kitchen items, tasty treats, etc. Very unique!

Kay Lyndahl, Editor

*Go the extra yard.
It makes a mile of difference!*

Six Qualifying Applications Submitted for Best of the Best Award

The Best of the Best Committee has received six qualifying applications postmarked by the due date. These have been forwarded to the committee members to be scored, with the winner to be determined by August 1. All of these applicants are caring and supportive administrators who are already winners.

Thanks to all the volunteer organizations who wrote these wonderful applications. It will be a challenge to the committee to select only one BOB.

Thanks too, to the committee members for their time and commitment: Mary Lou Bausch, Jude Bolterman, Cindy Hermel, and Ned Wolf.

Jackie Halverson, Chair
705 Emerson Ave., Ripon, WI 54971
920-748-3968; Email: jackiehalverson009@gmail.com

Reaching Out Deadlines

<u>Issue</u>	<u>Deadline</u>
November 2017	Sat., October 14, 2017
February 2018	Mon., January 15, 2018
May 2018	Friday, April 13, 2018
August 2018	Sunday, July 15, 2018

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:

Kay Lyndahl, Newsletter Editor
Summer: 1909 S. Lake Michigan Drive
Sturgeon Bay, WI 54235
Phone: 920-746-5122

Winter: 2418 Kensington Greens Drive
Sun City Center, FL 33573
Phone: 813-633-6624
Email: kaylyndahl@aol.com