



RIPON MEDICAL CENTER
A MEMBER OF AGNESIAN HEALTHCARE

HEARTLINE

AUXILIARY NEWSLETTER • NOVEMBER 2016

MESSAGE FROM THE PRESIDENT

Fall is always a busy time...yard work, rearranging closets for the coming cold weather, getting back to those clubs and activities that have been off for the summer, and the Lakes District Meeting and State Partners of WHA Convention, and we still need to volunteer at Ripon Medical Center! Hope you all have time to keep up with your busy schedules, and remember to smile.

Three board members - Bobbie Pollesch, Barb Miller and myself - attended the state convention in Appleton. It was inspirational and informative. Steve Little, Agnesian HealthCare president and chief executive officer, was on the panel to discuss the changing medical services and did us proud. In one of the workshops, our newsletter was used as an example of good ways to encourage and honor volunteers. Congrats to Barb Behlen and all those who contribute. The Ripon Medical Center Auxiliary also received the Honor Points Award again this year for fulfilling several requirements on the local, district and state levels. Check out the Volunteer Room to see our certificate and ribbon!

Eight auxiliarians attended the Lakes District Meeting in Sheboygan. Again, it was a good day and we picked up some more ideas we hope to use soon. Thank you to all who took time out of their busy schedules to attend these important educational activities.



Bobbie Pollesch, Barb Miller, Jackie Halverson

The November luncheon will be here soon and I hope to see many of you there.

Jackie Halverson, President



Jackie, Georgia, Betsy, Barb Ann, Barb M., Joann, Mary, Barb B.

RMC AUXILIARY NOVEMBER LUNCHEON/MEETING

Ripon Medical Center Auxiliary members are invited to attend the November 21, 2016 luncheon/meeting at Maplecrest located at 150 W Douglas Street, Ripon. The event will begin at 12 p.m., including lunch, meeting and program. A special presentation will be provided by Susie Reschke from the Healing Paws pet therapy program from Fond du Lac. She will be accompanied by her dogs, Cutie Pie and Sara Beth, who are known for providing emotional comfort to others. Cost for the event is \$6.

RSVP to Karen Gross no later than Monday, November 14 at noon by calling (920) 745-3670 or by e-mail at grossk@agnesian.com. Please indicate if you have any special dietary needs.

Please plan to attend and bring your CRAZY COFFEE FUN PROJECT MONEY to the luncheon/meeting!

MEMBERSHIP NEWS

I am pleased to announce and welcome new members - Annette Hopp and Georgia Stellmacher. It is always exciting to have more people join our very important group. Thanks to all who so generously signed up for projects at our last luncheon. The help is so appreciated and we are happy that people are willing to be involved.

Please review the membership and committee information below and contact Karen Gross to let her know which committees you'd like to participate in. Contact numbers for the board members are included in the newsletter if you have questions or a need to contact us regarding Auxiliary activities.

Membership Information and Volunteer Opportunities

Many thanks to you for joining the Ripon Medical Center Auxiliary. Every member is needed to make our organization successful in completing its mission to support the hospital, its associates, and the patients and families that utilize our facility.

There are four luncheon meetings a year. Starting in 2017, they will be held on the second Monday of February, June, September and November. This is a time for all members to meet, enjoy lunch, entertainment or education, and participate in the business meeting. The real work of raising funds is done outside of the four luncheon meetings.

Some of the fund-raising activities are set up to involve vendors, such as: The Nutman, Old Hippe Candle sales, Collective Goods (formerly Books are Fun), linen and uniform sales, etc. These require little outside help and are subject to change. The gift shop is an important part of our fund-raising and is run by volunteer workers.

There are more fund-raisers and activities that take place that require input and assistance from our members. These are areas that give our members an opportunity to become involved and to make the load lighter for all.

Here is a short description of opportunities. Please choose any of the opportunities and sign your name under areas that you would be willing to be called upon to lend a helping hand.

Volunteer Opportunities

BRAT FRY - Duties may include, cooking, serving, collecting money, slicing buns, setup and cleanup. You will be part of a team of working individuals. Sales are held at Webster's. Judy Robbert, Chair

LIGHTS OF LOVE - Duties may include soliciting items from merchants for raffle trees, selling raffle tickets, assisting with mailing and planning, and attending the tree lighting event. You will be working with a team, but may have individual assignments. Bobbie Pollesch, Chair



SEWING - This would involve sewing items needed by the hospital, such as walker bags, or possibly knitted items or other items requested. The chairperson of the sewing committee would give direction on what is needed. Sewing is done in your own home at your leisure. Linda Stellmacher, Chair

FLOWER SALES - This involves helping to collect flower orders, and assist handing out pre-ordered flower baskets when they are ready for pickup at Bloch's in Green Lake.

BAKE SALES - This may include baking, setup, packaging, sales and cleanup. Audrey Kelma/Joan Amend, Chairs

COMMUNITY DAYS SALES - This includes selling Community Days coupon books for Younkers and associate stores. It may include on-site coupon book sales at the store on the dates of the sale. Judy Robbert, Chair

OTHER SPECIAL PROJECTS - This would include other potential opportunities that may come up throughout the year outside of our regularly scheduled projects.

Contact Karen Gross, volunteer coordinator, by calling (920) 745-3670 or by e-mail at grossk@agnesian.com to indicate which committees you are interested in.

Joann Strandell, Chairperson, Membership

FINANCIAL REPORT

SEPTEMBER 30, 2016 - The financial report dated September 30, 2016 is for the first quarter of our fiscal year. During this quarter, we had a Nutman sale, a scrub sale and one brat fry. All of these fund-raisers are on track with the amount we budgeted.

Membership dues are below budget. We need nine more paid members to make our budget. Three members attended the state convention in October. Eight members attended the District meeting in Sheboygan in October.

Gift Shop sales were 12 percent higher than last year at this time and are on track with budget.

\$8,800 was donated to Ripon Medical Center for the purchase of a bariatric stretcher in the Emergency Department. A total of \$764 was donated for a headstone for the Nursing Department's "Precious Angels" program.



We had \$15,790 in cash at the end of September. We have pledged \$10,000 to Ripon Medical Center toward the construction of the wellness walkway, which will be paid after Lights of Love.

RMC Auxiliary, Inc. Treasurer's Report - Quarter Ended September 30, 2016

	Quarter Actual	Annual Budget
INCOME		
Fund-Raising	\$757.00	\$13,750.00
Donations	106.16	-
Membership Dues	525.00	592.00
Gift Shop Sales	6,266.41	30,750.00
Total Income	\$7,654.57	\$45,092.00
EXPENSES		
Fund-Raising Expenses	\$196.78	\$3,615.00
Sewing Supplies	10.81	-
Luncheons - Net	9.50	55.00
State Conventions/District Meetings	500.00	725.00
Organization Expenses	54.00	209.00
Gift Shop Expenses	5,818.14	23,165.00
Total Expenses	\$6,589.23	\$27,769.00
NET INCOME BEFORE DISTRIBUTIONS	\$1,065.34	\$17,323.00
DISTRIBUTIONS		
Scholarships	-	3,000.00
Donations for RMC	9,564.00	18,900.00
Total Distributions	\$9,564.00	\$21,900.00
NET INCOME AFTER DISTRIBUTIONS	\$(8,498.66)	\$(4,577.00)
CASH BALANCES	\$15,789.93	

Bobbie Pollesch, Treasurer

VOLUNTEER NEWS AND NOTES

It is hard to believe that this will be the last article that I will be writing for the RMC Auxiliary Heartline.

I am planning to retire on January 6, 2017. Rocky and I will be doing some traveling, and spending quality time together and with family. While I am looking forward to this next adventure, I will miss all of you.

I want to say thank you to all of you that I have gotten to know over the last five years. I have truly enjoyed working with all of you and spending this time together. They are currently beginning to interview candidates to fill my position and I am sure that by the Christmas Celebration on December 2, you will be able to meet the new Ripon Medical Center volunteer coordinator.

We have a very busy end of the year coming up and I hope to see many of you at the events. As always, I must tell you that we have openings for volunteers at Ripon Medical Center so if you have friends or family members who are interested in volunteering have them contact me at (920) 745-3670 or applications can now be completed online at agnesian.com/careers/volunteers.

Our heartfelt thoughts and prayers go out to the family of longtime volunteer, Dorothy Waters, who passed away on October 14, 2016 at Maplecrest Manor. She will be missed.

Merry Christmas and a Happy New Year! May God bless and keep all of you.



*Karen Gross
Volunteer Coordinator*

WHAT'S NEW AT RIPON MEDICAL CENTER

We have a lot going on at Ripon Medical Center these days - all exciting developments to help us continue our efforts to grow, and offer as many services as possible at a local level. I'm proud to share with you about a few of these key advancements.

New Orthopedic Surgeon

Bert Callahan, MD, orthopedic surgery, will begin seeing patients at Ripon Medical Center with Jeffrey Meincke, MD, orthopedic surgeon, in January 2017. Dr. Callahan has previously served on the Waupun Memorial Hospital Medical Staff, and was well-respected by staff and patients. He is currently serving at the Beaver Dam Community Hospital. Dr. Callahan has been a fixture in the Beaver Dam and Waupun communities for more than 20 years. He earned his medical degree from St. Louis University School of Medicine, and completed his orthopedic surgery residency at the Fitzsimons Army Medical Center in Aurora, Colorado. He is board certified in orthopedic surgery, and is a fellow of the American Academy of Orthopedic Surgeons.

Child & Adolescent Psychotherapist

Leann Vice-Reshel, MA, LPC, a child & adolescent psychotherapist, is now seeing patients at Ripon Medical Center. As a child and adolescent psychotherapist, Vice-Reshel has specialized training, and works with children and adolescents. She treats a variety of normal adjustment issues, such as dealing with anxiety surrounding starting school, a new sibling, loss of a family member, fears, nightmares, peer difficulties, social skill issues, school avoidance or school performance, self-esteem issues, parent-child issues, concentration difficulties, and adolescent conflict. Vice-Reshel earned her bachelor's degree in sociology from Augsburg College, and her master's degree in clinical psychology from Alliant International University.

AIDET

Agnesian HealthCare is training all associates and volunteers on AIDET (Acknowledge, Introduce, Duration, Explanation, Thank). AIDET is an evidence-based communication model created by the Studer Group to improve verbal and non-verbal communication within healthcare. When used, it shows respect for the patient and helps establish trust, can reduce patient anxiety, helps to manage patient expectations, allows for thorough explanation of care plan, and shows patients they are appreciated.

(Continued on next page.)

Emergency Department Recruitment

Jason Geiger, MD, who provides care through the Ripon Medical Center Emergency Department, is leaving at the end of October. Recruitment efforts are underway to recruit a full-time physician, and Ripon Medical Center is working with other Agnesian HealthCare facilities to offer fill-in coverage, as well as through temporary providers.

Clinic Reconstruction

At Ripon Medical Center, the east nurse station (second floor clinic) has been expanded into the adjoining corridor space to create room for additional nursing associates. The existing space accommodates six associate workspaces and the expanded space will accommodate 11.

Katherine Vergos, Chief Operating Officer

PUBLIC POLICY EDUCATION UPDATE

In partnership with each other under the HIIN (Hospital Improvement, Innovation Network) contract, WHA and the Michigan and Illinois Health and Hospital Association in the Great Lakes Partners for Patients are all working together to reduce healthcare costs and improve patient care.

Michigan Health and Hospital Association (MHA) is one of 16 national, regional or state hospital associations and health system organizations to receive a contract to reduce patient harm and readmissions. Working together will allow the states to pool their resources to offer education, training, data management and clinical experience to all hospitals participating in the HIIN contract. We all want to continue to be a high value healthcare state-quoted by WHA president/CEO Eric Borgerding.

Wisconsin ranks for over a decade:

- Highest percentage of high quality health plans and largest number of plans that receive a 4.5 or 5 score out of 5.
- Ranked best among the states for getting injured employees back to work.
- 95 percent of Wisconsin residents have health insurance. A total of 37 percent of Wisconsin residents receive taxpayer funded benefits.

Mark Your Calendar - Advocacy Day 2017 is scheduled for April 19 in Madison

Sandy Krueger, Chairperson, Public Policy Education

CHRISTMAS HOLIDAY BAKE SALE

The Ripon Medical Center Auxiliary is hosting its annual Christmas Holiday Bake Sale on Tuesday, December 6 from 9 a.m. until gone at Ripon Medical Center. Come and buy your holiday goodies! Baked items such as Christmas cookies and candy are needed. Drop off is from 9 a.m. to 1 p.m. on Monday, December 5 in the Ripon Medical Center Volunteer Room. You can package your baked items or bring them in bulk to be packaged by the workers. Workers and bakers are needed! Contact Audrey Kelma at (920) 748-7975, or Joan Amend at (920) 294-6968 if you can help.



GIFT SHOP

'Tis the season of falling leaves .. goblins .. turkey with fixins .. holiday bells.. family gatherings and .. GIFT Exchanges! The gift shop promises an array of tempting items to meet your fancy. Hughes Candy makes the perfect hostess gift for the holidays ahead. Our shelves will offer that small remembrance or very special gift; that perfect accessory for your holiday outfit; mittens and hats for warmth and style, plus, much more.

Ripon Medical Center Gift Shop: your first stop to shop!

Mary Schieffer, Chairperson, Gift Shop

BRAT FRY FUND-RAISER

Thank you for making the 2016 brat season a huge success!

With all the hardworking volunteers and generous customers, we were able to raised **\$2,376.25** this season to help support the Auxiliary. A big **THANKS** to all of you who have volunteered to work at the brat fry events or donated supplies enabling us to help keep our operating costs down. We can't succeed without working together.



To our friends at **Webster's Marketplace**, thank you for providing the perfect venue for us to offer our delicious brats & burgers! We could not do it without you!

Judy Robbert, Chairperson, Brat Fry Fund-Raiser

75TH ANNIVERSARY CELEBRATION

SAVE THE DATE! We will have a special event on January 16, 2017 from 11:30 a.m. to 1 p.m. at Ripon Medical Center to celebrate the Auxiliary's 75th anniversary. There will be a short program at noon, musical entertainment, a trivia contest and dessert. Be sure to mark your calendar. Hope to see you there.

We plan to let the community know about our milestone with stories in the Ripon Commonwealth Press, as well as a living window downtown during Dickens of a Christmas in December. Thank you to all who have helped with planning: Karen Gross, Barb Behlen, Barb Benkoski, Barb Miller, Joann Strandell, Jackie Halverson, Annette Hopp, Marty Schattschneider, Mary Schieffer, Betsy Blazek, Linda Stellmacher, Pat Phillips and Anita Hoffman. Thank you to Shelly Haberman whose expertise has been invaluable to us.

Bobbie Pollesch, Chairperson, 75th Anniversary Celebration

PARTNERS OF WHA STATE CONVENTION

October 4 to 6 brought 306 Wisconsin Hospital Association (WHA) healthcare volunteers to the Radisson Paper Valley Hotel in Appleton for three days of leadership training and networking opportunities. Three Ripon Medical Center Auxiliary Board members attended and came back with numerous

ideas for fund-raising, gift shop trends, and information on the many ways healthcare is changing and how that may affect us here in Ripon. Workshops also included the world of social media and how to make it work for our organization, ABCD's of Medicare, role of the caregiver, how to identify and motivate leaders, and how to raise funds. There were also several vendors who were not only willing to sell to us, but to schedule to come to our site. This is a great opportunity to be invigorated with new ideas and validate what we are already doing. Next year's convention, Building the Future, is scheduled for October 3 to 5, 2017 at the Hyatt on Main, Green Bay.

Talk to Barb Miller, Bobbie Pollesch or Jackie Halverson if you have questions or just want to hear more details.

LIGHTS OF LOVE AND RAFFLE

Lights of Love are now on sale. Brochures are available at the information desk and gift shop. Please remember to honor your loved ones by purchasing a light on the tree outside the Commons. Be sure to also tell your friends and family about this important project.

Raffle tickets are also available for purchase at the information desk and gift shop. Ticket cost is one for \$5, three for \$10 or 10 for \$20. There are five prizes being raffled off, including a cash prize of at least \$350 each. The prizes are on display at Ripon Medical Center. If you are willing to help sell raffle tickets, please see Karen Gross.

The tree lighting ceremony will be held on December 7 at 6 p.m. in the Journeys Commons. Entertainment and refreshments will be provided. We will also draw for the raffle prizes that evening.

Proceeds from the sale of lights and raffle tickets will go toward the construction of the wellness walkway around the hospital campus.

Thank you to all who have helped with this project so far: Iona Altnau, Barb Behlen, Barb Benkoski, Betsy Blazek, Jackie Halverson, Anita Hoffman, Shirley Lund, Barb Miller, Mary Park, Pat Phillips, Carol Prellwitz, Judy Robbert, Marty Schattschneider, Mary Schieffer, Linda & Frank Vantaggi, and Judy Zimmerman. A special thank you to Karen Gross and Shelly Haberman who have done a lot of work for this event.

Bobbie Pollesch, Chairperson, Lights of Love

THE ROLE OF NATUROPATHY IN TREATING LYME DISEASE

BY NICOLA MCFADZEAN, ND

A holistic approach is important - simply hitting bugs over the head with a hammer is not enough.

Naturopathic medicine is a system of medicine that utilizes natural therapies such as herbal medicine and homeopathy, along with diet and lifestyle changes. The philosophy underlying naturopathic medicine is to treat the underlying cause of disease, to treat the person holistically, and to start treatment using least invasive therapies first, working up the therapeutic order as necessary.

Naturopathic medicine is well-placed to assist patients with chronic Lyme disease. While Lyme is a disease caused by spiral-shaped bacteria called *Borrelia burgdorferi*, it is clear in Lyme treatment that simply trying to kill bugs with medication is rarely sufficient. I have seen the best results from combining traditional antibiotics with naturopathic supportive care. Some patients who do not tolerate the antibiotics or are opposed to using them will benefit greatly, even reach remission of symptoms, with naturopathic medicine alone. Others can utilize naturopathic support to offset side effects of medication and allow them to tolerate treatment better.

It is futile to embark on aggressive medication protocols without considering nutritional and lifestyle factors. Most patients fare better on gluten and dairy free diets as those foods can fuel inflammation, which is already a major issue. As digestive function is often compromised, a low allergen diet is key. Sugar avoidance is a significant help in preventing antibiotic-associated yeast overgrowth, and will assist a healthy immune response. Omega-3 fatty acids can be used for their anti-inflammatory benefits - typically 2 grams of fish oil plus 1 tablespoon of flax oil daily.

Patients should consume at least two liters daily of clean, filtered water to help flush waste materials. For the same reasons, adequate fiber is necessary to flush the colon of waste, in particular neurotoxins that can be released when bacteria are killed off.



Lean organic proteins, fruits, vegetables and healthy fats such as fish oil, flax, olive, avocados, and nuts and seeds will provide adequate nutrition without fueling inflammation. Sleep patterns are important, although Lyme patients often suffer from insomnia due to pain and neurotransmitter imbalance. Melatonin, 5-HTP and herbs such as valerian and passionflower can be helpful.

Boosting immune function so that the body can help to fight the infections is crucial

- natural killer cells and antibodies are frequently low. Transfer factors help to stimulate NK cells, immunoglobulins can be given, with immune modulating herbs such as astragalus, elderberry and olive leaf. Low dose naltrexone has been used in autoimmune disease as well as Lyme/ fibromyalgia illness and can not only modulate immune response, but also help quality of sleep and mood. Mushroom extracts such as reishi and maitake are beneficial but may not be tolerated by people with severe candida problems.



Much of the symptomatology of Lyme arises from chronic systemic inflammation. Anti-inflammatory herbs including white willow, tumeric and holy basil moderate inflammation and ease pain significantly, while systemic enzymes taken away from food can help break down inflammatory mediators. Cytokines created in the inflammatory cascade can cross the blood-brain barrier worsening mood problems, anxiety and depression. Essential fatty acid supplementation (2-4 grams daily) along with a diet rich in omega-3 fatty acids help combat overall inflammation as well as depression.

To further alleviate pain, magnesium and malic acid are key players for muscle relaxation. For some individuals, magnesium cream topically with anti-inflammatory herbs help relax muscles and are great remedies for pain. Resorting to NSAID's and narcotic pain relievers, although necessary at times, can create a host of side effects of their own.

Lyme patients often have digestive issues, which can be caused by the borrelia and co-infections themselves, by opportunistic infections such as intestinal parasites, yeast overgrowth and H pylori, or by food sensitivities brought about by leaky gut and immune activation. H pylori compromises the stomach's production of hydrochloric acid, making complete digestion of food difficult. Parasites give symptoms of constipation, diarrhea, gas and bloating. Specific infections should be addressed during treatment of Lyme, as optimal digestive function will help patients tolerate medications and other treatment protocols, as well as maximize absorption of nutrients from food.

Gluten intolerance and food sensitivities are common in the general population, and can worsen Lyme symptomatology. Most patients fare better avoiding gluten and dairy, because of their potential to fuel inflammation. Specific food sensitivities can be detected using a simple finger-stick blood test, making individualized dietary recommendations possible.

Yeast overgrowth is a consideration especially when antibiotic protocols are given. Prevention is the best medicine, and high potency probiotics should be a part of every Lyme patients protocol. Up to 100 billion organisms a day are used prophylactically. Nystatin is a relatively safe and non-toxic medication to address candida; diflucan may be necessary in systemic yeast cases but has higher liver toxicity and more medication interactions.

Heavy metal toxicity causes neurological symptoms, fatigue, muscle/ joint pain, cognitive deficits and many other symptoms in common with Lyme disease. Chelation protocols can be helpful but care must be taken not to overwhelm detoxification systems - glutathione and methylcobalamin are helpful "precursors" to chelation, to upregulate detox and antioxidant status. Low dose chelators given over several months may well be just as effective and easier to tolerate. One of the U.S.'s top Lyme disease doctors promotes 100mg of DMSA given every three nights along with alpha-lipoic acid, vitamin C, NAC etc. as an effective plan.



CONCLUSION

Clearly, Lyme disease is complex and multi-factorial, and can wreak havoc on every system of the body. While it may be near impossible to evaluate all these factors at once, it is important to keep in mind the widespread effects of the disease and address the person systemically. Simply killing bugs is not enough - immune, digestive, detox and hormonal systems must be supported to enable healing on a comprehensive level.

<http://restormedicine.com/natural-lyme-disease-treatment-without-antibiotics/>

Barb Benkoski, Chairperson, Community Health Education

RMC AUXILIARY BOARD MEMBERS

Jackie Halverson, President

(920) 748-3968 • jackiehalverson009@gmail.com

Barb Miller, Vice President

(920) 748-6189 • millerbandj@charter.net

Diane Smith, Secretary

(920) 948-2420 • smithdk1061@yahoo.com

Bobbie Pollesch, Treasurer

(920) 294-3059 • bobbiepollesch@hotmail.com

Barb Benkoski, Community Health Education

(920) 748-6339 • benkoskib@gmail.com

Sandy Krueger, Public Policy Education

(920) 748-2187 • kruegersandraj@yahoo.co

Joann Strandel, Membership

(920) 602-7810 • mstwine@charter.net

Judy Robbert, Programs

(920) 915-3917 • jrobbert@charter.net

Mary Schieffer, Gift Shop

(920) 767-0029 • rms1721@charter.net

Linda Stellmacher, Sewing

(920) 299-6121 • lindastellmacher@ymail.com

Barb Ann Behlen, Newsletter

(920) 294-6229 • barbabe@charter.net

Karen Gross, Volunteer Coordinator

(920) 745-3670 • grossk@agnesian.com

Jackie Halverson, Fund-raising

(920) 748-3968 • jackiehalverson009@gmail.com

CRAZY COFFEE FUN PROJECT



We weren't able to get this done last time because the newsletter was late. So, let's try it again!

Put a coffee mug on a window ledge for use every day from November 7 to 20. Bring your collection to the luncheon on November 21. Collection will be used toward Auxiliary expenses not covered by dues. Have fun!

November 7: Put 5 cents in coffee mug if it is sunny today.

November 8: Put 2 cents for each cup of coffee or tea you drink today.

November 9: Put 1 cent for each ten years of your age.

November 10: Put 2 cents for each pill you take today.

November 11: Put 5 cents for each of your children (single or married).

November 12: Put 2 cents for every rose bush in your yard.

November 13: If you read the June newsletter entirely, put in 10 cents, if not put in 25 cents.

November 14: Put 15 cents if you did not attend church services last weekend.

November 15: Put 5 cents if you have window blinds or shutters.

November 16: Put 5 cents if you went shopping today.

November 17: Put 3 cents for each grandchild.

November 18: Put 10 cents if you have a cell phone.

November 19: Put 7 cents for each mirror in your home.

November 20: Put 1 cent for each 20 pounds of your weight.

UPCOMING EVENTS

November 9	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
November 21	Auxiliary Luncheon at Maple Crest	12 to 2:30 p.m.
November 21	Old Hippie Candle Sale, RMC Lobby	10 a.m. to 3 p.m.
December 2	Christmas Open House at RMC – Green Lake Room	11 a.m. to 1 p.m.
December 6	Christmas Bake Sale, RMC Lobby	9 a.m. until gone
December 7	Lights of Love Ceremony and raffle drawing	6 p.m.
December 8	Nutman Sale, RMC Lobby	9 a.m. to 3 p.m.
January 11	February Heartline Newsletter articles due	
January 11	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
January 16	75th Anniversary Celebration	11:30 a.m. to 1 p.m.
February 8	Auxiliary Board Meeting, Volunteer Activity Room	9 to 11 a.m.
February 13	Auxiliary Luncheon at RMC	2 to 2:30 p.m.
March 28	Lakes District Spring Meeting	
April 19	Advocacy Day	

*How beautiful
a day can be.
When kindness
touches it!*

- George Elliston

HEARTLINE

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RIPON MEDICAL CENTER
A MEMBER OF AGNESIAN HEALTHCARE



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