



Memos from MEMORIAL

Partners of Rusk County Memorial Hospital

Volume 40 ~ Issue 3

August 2017

Edition Highlights

- Partners contribute to Emergency Response Teams
- Words from Winnie, President Emeritus: Winnie's Wanderings
- Health Education: Falls Prevention, Dry Needling
- 2017 Membership Renewal

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OFFICERS:

Bev Lazar, President
Winnie Lee, President-Emeritus
Mary Jane Nelson, Vice President
Pauline Lundgren, Treasurer
Secretary (OPEN)
~~~~~  
Amanda Thompson, PR  
Paula Carow, Member-at-Large

**The Partners of RCMH** presented the Barron and Rusk County Emergency Response Teams with a \$300.00 donation on Tuesday, July 18th at the Rusk County Sheriff's Office. This donation will be used to purchase two portable stretchers and five QuickClot kits.



(L-R) Pauline Lundgren, Treasurer of Partners of RCMH; Phil Grassmann, Deputy Sheriff of Rusk County; Beverly Lazar, President of Partners of RCMH.

## BRATS for SALE!!

Whether it's breakfast, brunch, lunch, or early dinner, mark your calendars to come for BRATS at Gordy's ~ Ladysmith, on Friday, August 18 or Saturday, August 19 from 9:00 a.m. until 4:00 p.m. when our Partners will be serving up delicious grilled Brats and burgers with all the trimmings!



## President Emeritus ~ Winnie's Wanderings



Hi everyone. I woke up the other morning and realized that we are on the downhill side of summer, the result being the coming of that white stuff that most of us don't much care for. So open your dresser drawers, find your snuggies, and get ready.

I would like to thank everybody for all the cards and well-wishes. It's been a very difficult year and it does not seem to end. I've had two bad falls in the past two weeks; one of them resulting in being transported to Rusk County Memorial Hospital by ambulance. What a ride! It can be described as "bumpy" at the very best. The ambulance crew and Emergency Room staff are a great group of people and they did all they could to make me comfortable. It ended with my leaving RCMH with a big fat sprained ankle in a big fat boot. A week later, I got out of bed in the night, got totally disoriented, fell, was stuck between two doors, and could not move. So I spent the night on the floor. In the morning, a dear friend came and helped Dave get me back into bed. Everything is much better now. If you have a lot of bubble-wrap, send it my way. Maybe it will help the next time.

It was a busy summer and we had quite a few fund raising activities. Fall is always a little slow, but we will be having a few activities, including:

- **\$6 Sale** on August 8 & 9 (See details in previous MEMOs)
- **Brat Sale** on August 18 & 19 at Gordy's ~ Ladysmith food cart. Come and enjoy a brat or a hamburger with all the fixings, and a variety of soft drinks for breakfast, lunch and/or supper!
- **Scrub Sale** (not yet scheduled) will be a great time for hospital and clinic staff to replace any and all worn or old scrubs.

Partners recently made a nice donation to local emergency response teams (see pg. 1) and plan to be instrumental in future funding toward needed medical equipment to be kept in squad cars.

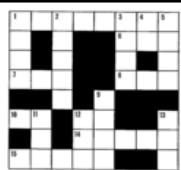
Several Partners attended an all-volunteer annual in-service at RCMH on July 28.

I'd like to thank everyone for all your help. Keep watching for upcoming activities, and please volunteer.

A friend of mine gave me an angel ornament while I was in the hospital. It was inscribed with these words: "Believe, and everything will be possible".

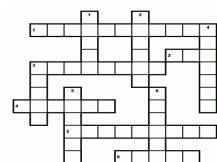
Always keep believing, and have a great year! Bless all of you...

*Sincerely, Winnie*



**CROSSWORDS**

**PUZZLE BOOKS**



**PLAYING CARDS**



**BOOKS, CDs & MAGAZINES**



**DVD MOVIES**



### The Hospital Patient Activity Cart

is seeking donations. Items may be given to Carolyn at RCMH or a board Partner. Playing cards and puzzle books should be new/unused, but other items may be gently used.

Thank you for helping to make our patient experience more entertaining and enjoyable!

## News and Updates from Bev

As our Partners team gathers every month, it is so rewarding to see each of our board members involved in a project. When the President position was awarded to me, I knew that I could not do the event planning and Gift Shoppe managing along with the new duties. So along with the board, a team effort was organized.

First of all, I would like to say a hearty thank you to Cheryl Petrus. Cheryl has been our secretary for several years and has always given us a great report and so much more. Good luck Cheryl on your new endeavors!

### Our TEAM:

- Mary Jane Nelson was the chair person for our \$6 sale on August 8 & 9, 2017. This FUNdraiser was held in the RCMH Riverside Room.
- Sue Disbrow is busy working on getting a poem engraved for the Healing Garden sculpture. The poem was written by Michael Doran and given to Partners as a gift. It has a special meaning and will be added to the garden this fall.

- On August 18 & 19, the Partners will be selling brats and burgers at Gordy's. This will involve a lot of us and with the help of RCMH staff and volunteers, we will offer a great treat. Joe Baye and Sue Disbrow will be setting up the sale for us. Please come out to eat!
- Linda Denzer and "MJ" Nelson are busy making up the baskets for the WHA Convention in October. We will post more about this in our next issue.
- Pauleen Lundgren will once again chair our Kringle Sale. The exact date of that will be published at a later date.
- Partners is also sponsoring a Scrub Sale for the employees of RCMH and any other facility that would like to purchase scrubs. This will take place in October.
- Carolyn Welsch is our Volunteer Coordinator. Thank you Carolyn for all the emails, all the reminders, and of course the MEMOS newsletter.

Each of us adds a special something to our organization. Gert Collier is our Gift Shoppe Treasurer and Rosemary Zuck is our historian. Paula Carow is our member-at-large. And let's not forget Amanda Thompson. Without

Amanda, there would not be any signs and info posters. Amanda has accepted the Secretary responsibilities until we find a Partner to replace Cheryl. Thanks for all you do ladies.

Pauline Lundgren and I attended a cross-information/training in Hayward. This was an informational meeting of all the hospitals in our EHS District. Lead by Ginny Bosse, District President, we discussed our winning moments, our concerns and our future. It was a great day for everyone.

If anyone would like to come to a meeting, please come! You do not have to be part of the Board. You can just volunteer to help with a fundraiser or partake in one of our other events. It's fun and you work with some great people! We meet the third Tuesday of every month in the RCMH Flambeau Room at 10:00 a.m.

I hope this finds you all enjoying our warm summer weather. Talk to you again next quarter—for our Christmas Newsletter! We exist because of us all. Thank you for all you do!!

*Bev Lazar, Partners President*

### NOTES & SUCH:

- ⇒ RCMH has new **expanded Urgent Care hours**, now Monday thru Friday from 5:00 to 9:00 p.m., to provide patients options for non-emergency medical care when clinic appointments are not available.
- ⇒ **Share your Thoughts:** Comment cards are available at the Volunteer and Registration Desks at RCMH for anyone who wishes to voice your thoughts, concerns or questions regarding partnership negotiations between RCMH & Marshfield Clinic. Completed cards may be deposited in the suggestion box near the main registration desk at your earliest convenience. Thank you.

## REDUCE the RISK of FALLS with these SIMPLE STEPS

As we get older, falls can become more common. But many people don't tell their doctor about their falls. By letting your doctor know that you have fallen, they will be able to review your medical history to see if there are other problems that may be contributing to falls, and provide you with ways to help avoid falls. Here are some tips to help prevent falls in your home:

- Remove items that you can trip over from stairs and open walking spaces
- Install handrails and lights on all staircases
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping
- Keep items you use often in cabinets you can reach without using a step stool
- Put grab bars inside and next to the tub or shower and next to your toilet
- Use non-slip mats in the bathtub and on shower floors
- Wear shoes inside and outside your home

1. Walk flat footed and take short steps



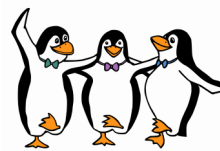
2. Wear footwear that provides traction



3. Step down, not out from curbs



4. Use your arms for balance



5. Carry only what you can



### MORE Tips for a Positive Attitude

1. Don't borrow trouble. Imaginary burdens are harder to bear than the actual ones.
2. Hate poisons the soul, so don't carry grudges. Avoid people who make you unhappy.
3. Have many interests. Read about places if you can't go.
4. Don't spend time brooding over sorrows and mistakes.
5. Do what you can for those less fortunate than yourself.
6. Keep busy at something. You will never have time to be unhappy.
7. BONUS TIP: Volunteer at Rusk County Memorial

*Robert Louis Stevenson*



## RCMH Physical Therapy Department Offers Dry Needling as Treatment Option

Donn de Yampert, RCMH physical therapist has obtained specialty training in Integrated Trigger Point Dry Needling. Dry needling is one of many tools that therapists can use to treat chronic pain. In addition to dry needling, there are a variety of treatment modalities that can help strengthen, relax and heal muscles: heat, cold, electricity, ultrasound, manual techniques, light, traction and exercise.

Dry needling is a procedure in which a fine filament needle is inserted into skin to reach areas, known as trigger points, where nerves and muscles meet. According to research conducted at the National Institutes of Health, inserting a needle into trigger points can cause favorable biochemical changes, which help reduce pain. It is called “dry needling” because it does not involve injecting a

chemical liquid or “wet” substance.

“The goal of the dry needling procedure is to elicit a local twitch response in the involved muscle and subsequently to reduce pain and muscle spasm,” says Dr. de Yampert. “Getting local twitch responses with dry needling is the first step in breaking the pain cycle.

Dry needling can be used for a variety of musculoskeletal problems including neck/back/shoulder pain, tennis elbow, carpal tunnel, golfer’s elbow, tension headaches and migraines, jaw pain, sciatica, hamstring strains, calf tightness/spasms and more. To learn more about dry needling or to schedule an appointment, call our Rehab department at 715-532-5561, ext. 1301.

*Article from “The Briefing”  
RCMH Employee Newsletter ~8/2017*

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## Planning to Live to 100 ? VOLUNTEER !

In science labs all over the world, researchers are exploring ways to delay the effects of aging and extend our years of healthy life. Already, we’re living nearly three decades longer on average than our ancestors from a century ago. A 10-year-old child today has a 50% chance of living to be at least 104.

WHAT to do with ALL that extra time, you ask? Volunteer! Share your skills and your passion with others. Find a need and devote your time to filling it. It’s the closest thing to a silver bullet we have discovered for personal and societal well-being. Donating ones time to benefit others has deep individual value. A growing body of research tells us that those who volunteer have lower mortality rates and less depression, along with a greater sense of control over one’s life and higher rates of self-

esteem and happiness. Using health and volunteering data from the U.S. Census Bureau and the Centers for Disease Control and Prevention, one report found that states with a high volunteer rate even have lower incidences of heart disease. Some studies showed that volunteers who devote about 100 hours or more per year to volunteer activities are the most likely to experience health benefits.

Findings indicate that—in general—the older the volunteer, the greater the personal benefits of volunteering. Many of us lose our sense of purposes as we transition out of a career or end our role as caregiver to a spouse or family member. Volunteering can renew that sense of purpose and prevent the social isolation that is a recognized health hazard of our later years.  
*Eric J. Schneidewind, AARP magazine*





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If you have not yet renewed your Partners membership for 2017, please clip the above Membership Card and mail with renewal fee to "Partners of RCMH" 900 College Ave. W., Ladysmith, WI 54848. Thank you.