

Volunteers of Prairie Ridge Health Newsletter



EDITOR: SARA FORSTER

JANUARY 2021

****Mark your
calendar!****

Next Meeting: TBA

January General
Membership meeting
is canceled.

Please see all enclosed
pages including ballot
for the officer of 2nd
Vice President and
COVID-19
information.

Please save clean egg
cartons for use by the
Hunger Care Pro-
gram. If you have
some to donate, drop
off at the hospital's
main entrance or call
Patti Walker for
pickup. Thank YOU!

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Message From the President

So sorry that we had to cancel yet another meeting because of COVID. We will get through this together! We will try to make wellness calls again, soon.

Don't forget to fill out the ballot (included in the newsletter) to vote for the 2nd Vice President position before February 12th. We will have our officer installation by ZOOM in February.

I want to reach out in advance to welcome our new incoming President, Jolene Gill, and our 1st Vice-President, Sara Forster. Hopefully when we meet next in 2021 it will be in person.

Thank you for being patient with me and the rest of our board as we navigated virtually through 2020. And...Special thanks to our fearless leader, Patti Walker! We couldn't have done it without you!

Most Sincerely,

Diane Dhein, 2020 President

PPE Report by Joanne Sampson

WHA's Advocacy Day - April 14, 2021 - Virtual

Mark your calendar now for **WHA's Advocacy Day 2021**, scheduled for Wednesday, April 14. This year, WHA has contracted with the professional virtual event platform, **LeaderPass**, to deliver this event to advocate across the state virtually.

While the day will be a little different in the virtual format, attendees can still expect to hear from a great line-up of speakers, including opening keynote speaker Frank Sesno. Sesno is an internally-recognized journalist with more than 30 years of experience reporting from around the world. Well-known as a television anchor, White House correspondent and talk show host with CNN, he is also a nationally-renowned moderator who has engaged some of the world's leading personalities.

Attendees will also have the opportunity to meet with their legislators and/or their staff virtually, and are encouraged to do so. Specific times, in 30-minute intervals, are set aside on April 14, 15 and 16 for these meetings. WHA will take care of the scheduling and will inform advocates of their meeting date and time, along with the Zoom instructions to join the meeting. WHA encourages and invites hospital CEOs, CFOs, managers, nurse executives, quality managers, hospital volunteers, hospital trustees, WHA HEAT grassroots members, Partners of WHA members, WHA corporate members, and any other hospital staff interested in helping to shape the future of health in Wisconsin communities to attend.

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Gift Shoppe Report

The holiday season was a success! The shop is now back to normal. All of the items you love are available, including greeting cards, Uncle Muncles Caramel Corn, Goat Soap, Maple Syrup, Handmade Mittens, Biofreeze, Rock Tape, jewelry, gifts, gadgets, home décor, and more! Fresh flowers are currently not available. If you have an upcoming appointment at the hospital or clinic, be sure to stop by the gift shop prior to or after your appointment to check things out. Our gift shop is open for limited hours Monday, Tuesday, Wednesday, and Thursday 10 a.m. to 1 p.m. to patients and employees only. These limited hours will continue for 2021 until further notice. Prairie Ridge Health installed a protective glass barrier in the gift shop to protect our cashiers. Thank you Prairie Ridge Health!

A special thank you to our gift shop committee, buyers, scheduler and treasurer for keeping things going in the shop!



Marie Roche in the gift shop behind the protective glass barrier.

2020 Sales	Regular	Credit Card	Totals
October	\$437.49	\$537.48	\$974.97
November	\$593.59	\$862.42	\$1456.01
December	\$1008.52	\$2654.77	\$3663.29
Q4 Totals	\$2,039.60	\$4,054.67	\$6,092.37

The Gift Shoppe Committee: Diane Dhein, Kay Oestrich, Judy Stricker, Kathryn Cullen, Marie Roche
Treasurer: Judy Lange. Scheduler: Bobbi Schaefer. Advisor: Patti Walker

PRH Update by Patti Walker, Volunteer Coordinator

Fundraisers

Thank you to all of those who participated in our virtual and pre-order fundraisers in 2020! We learned a lot over the past nine months and hope to continue with some of our successes. According to treasurer Andrea Tamminga earnings are: Valentine Bake Sale \$613, Nutman Sale \$312, Geranium Sale \$719, Apple Pie/Donut Sale \$733, Cheesecake/Cookie Sale \$254, Linen Sale \$394, Lights of Love \$4,765 and still coming in (\$2,240 of this is for Hunger Care). We were able to handle our commitments, the \$5,000 pledge to the Foundation For A Step Forward, and also paid into our Scholarships. Our bake sales, soup and salad luncheon and onsite fundraisers are currently on hold. Our committees plan to continue with virtual and pre-order sales for 2021. Please watch your mail and email for more information.

PRH Logo Apparel

As members of the Volunteers of Prairie Ridge Health, Prairie Ridge Health Logo Apparel Items are available to you for purchase via an online store. If you would like to place an order online go to <https://prairieridgehealth.itemorder.com/sale> or visiting the PRH website www.PrairieRidgeHealth, then scroll all the way to bottom and clicking "Employee Access," then clicking "Online Store." Items are printed locally at Cardinal Embroidery and delivered right to the hospital for pick up. If you have questions on ordering you can reach out to Kristi Line at 920-623-1370.

Lights of Love

Our 36th annual Lights of Love ceremony was held virtually on Monday, Dec. 7 at 4 p.m. via Facebook Live. The event was made possible with the help of Emily Dilley, PRH Marketing Director and Kristi Line, PRH Foundation Executive Director, who as a team recorded the ceremony and posted it on the Prairie Ridge Health Facebook page and website.

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Health Education Report by Sherry Jelic

Our new health focus this year is ***infectious disease***. *Infection* is the entrance and growth of microorganisms inside the body, causing illness. The weakening of the body's immune system after the infection causes the body to respond automatically, showing symptoms of pain, fever and aches. This process that results in illness is called disease. Infectious disease is therefore a process, caused by an agent, that impairs a person's health. Infectious disease can be spread directly from person to person, or indirectly (e.g., via contaminated food or water).

Sometime in the winter of 2020, we all became familiar with COVID-19, the disease resulting from infection with the corona virus. The virus is made of a genetic material – RNA – surrounded by a protein capsule. We learned that the virus doesn't care who you are. If you breathe in enough particles of the virus, you will get COVID-19, but the disease affects people differently. Learning that respiratory spread in the air that we breathe is the most common way of transmission, distancing from those infected, and wearing masks, became our best defense. Then we learned that people can be infected and able to spread the disease to others but not have symptoms, and distancing and wearing masks was still our best defense. There was progress made on therapies to limit the disease or shorten its course. Finally came the availability of a vaccine, bringing the best hope for ending the pandemic.

The vaccines developed by both Pfizer and Moderna work differently than most other vaccines available. They use messenger RNA (mRNA). Coronaviruses have a spike-like structure on their surface called an S protein. After vaccination with COVID-19 mRNA vaccines, our cells begin making the harmless piece of S protein and display them on cell surfaces. This mRNA component never enters the nucleus of the cell, where the DNA is kept, so it does not have the capability to mutate the DNA in any way. The mRNA merely gives the body instructions that trigger an immune response to the virus. Human cells break down and get rid of the mRNA as soon as they are finished using the instructions. Your immune system will recognize that the protein doesn't belong there and begin to build an immune response and make antibodies. The vaccines do not use any part of the virus, so you CANNOT get Covid-19 from the vaccine. You can however contract Covid-19 between the time you get the vaccine, and the time – approximately 14 days – to build immunity. The first dose is estimated to provide about 52% immunity, the second dose provides about 95% immunity, so it's important to get both doses.

How was the vaccine developed so quickly? Federal and private companies invested billions of dollars in vaccine development to end the pandemic. Vaccine manufacturers did not face the same bureaucratic and financial barriers as they would in a non-pandemic time. In addition, scientists relied on already-developed scientific knowledge about mRNA and other coronaviruses before the pandemic even hit. And all available resources were directed to the research and development of the vaccine. Researchers were able to speed up the trial process by enrolling between 30,000 and 60,000 participants per study, while a normal vaccine study may have around 5,000 people.

Are there side effects? Side effects from vaccines are not uncommon. Side effects have mainly been soreness in the vaccinated arm, fatigue, muscle aches, headaches and some instances of fever and chills. As always if more serious reactions are experienced, always consult your physician.

Can those who have had COVID-19 get vaccinated for COVID-19? Mayo Clinic recommends getting vaccinated for COVID-19, even in those who have had COVID-19 previously. However, those that had COVID-19 should delay vaccination until about 90 days from diagnosis.

Will persons who get the vaccine still have to wear a face mask? While the vaccine is highly effective at preventing symptomatic and severe disease, it is not 100% effective, and it is not known how well it prevents asymptomatic infection, or how long its effects (immunity) will last. Everyone should continue taking precautions like masking and physical distancing until the spread has stopped.

This is where we are at in January 2021, but we are still learning much about this virus!

Calendar of Events

The Nutman Virtual Sale – If you would like to receive information about how to order Nutman products, contact Patti at 920-623-1280 or pwalker@prairieridge.health

Prairie Ridge Health's John Russell Receives AHA Grassroots Champion Award

Every year, one individual in each state is honored as a "Grassroots Champion" by the American Hospital Association (AHA) in consultation with state hospital associations. This year, the Wisconsin Hospital Association (WHA) nominated John Russell to receive the AHA Grassroots Champion Award for his service and efforts.

Currently, Russell serves as the chair-elect on the WHA board of directors. Russell regularly participates in WHA grassroots advocacy initiatives, including attending Advocacy Day, promoting the WHA's Hospitals Education & Advocacy Team (HEAT) program, traveling with WHA to Washington, D.C., and more. Russell is also active in the Wisconsin Hospitals PAC & Conduit, personally contributing to the program and engaging with candidates through events.

WHA President and CEO Eric Borgerding presented the Grassroots Champion Award to Russell virtually on Dec. 17. "John is an exemplary leader, advocating for the important issues that impact Wisconsin hospitals, the patients they serve and their critical role in our communities," said Borgerding. "WHA was pleased to nominate John for this is well-deserved award, and we know he will continue to be an advocacy model for others."

"Thank you very much for this award," said Russell. "I feel advocacy is part of our obligation as health care leaders—to be involved, to build those relationships, and hopefully, in some way, influence the direction of health care in our communities and in our state."



Left: John Russell and Ann Roundy delivering Volunteer appreciation day meal to Volunteer Elaine Grossman.

Continued Hospital Update from page 2

Thank you Emily and Kristi! If you have not had the opportunity to watch the ceremony you still may watch it, just type in Lights of Love in the search bar on the website or look at the videos on the Prairie Ridge Health Facebook page. Thank you to Bobbi Schaefer and Barb Powley for performing the candle lighting during the ceremony, Lily Walker for turning on the lights, the Prairie Ridge Health Maintenance Department for placing the three trees and securing the electricity, and Rex Miller from Miller Tree Farm for selecting the trees. Donations to date are over \$4765. Donors were given the choice to donate to the PRH Lifeline Program or the PRH Hunger Care Program. Currently, \$2525 will be given to the PRH Lifeline Program and \$2240 will be given to the PRH Hunger Care Program.

The 2021 Lights of Love Committee – Jolene Gill, Andrea Tamminga, Barbara Lauersdorf, Barb Powley, and Patti Walker

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With the COVID-19 pandemic still underfoot, it has never been more important for you and your teams to participate in Advocacy Day and let your voice be heard!

There is no registration fee to participate in Advocacy Day, but pre-registration is required. To register, visit the www.wha.org OR contact Patti Walker at 920-623-1280. **Register today!**

Please remember to vote in the April Election. Your vote is important!

In Memoriam

We remember our fellow volunteers who have passed away:

Mary Ann Banetzke Florence Franz Bill Kirchberg Joanne Nitschke

We share our condolences, thoughts and prayers with those volunteers who have lost loved ones over the previous months.