



HEARTLINE

RMC AUXILIARY NEWSLETTER • FEBRUARY 2021

MESSAGE FROM THE PRESIDENT

Happy 2021! It is February already. Many of us have gotten our vaccines and more people will be receiving them very soon. Hopefully, we will feel safer being out among others and gradually get back into somewhat of a normal routine.

Our Lights of Love fund-raising effort was a huge success! We raised 43 percent more than last year's amount with a total of \$5,935. These dollars will go toward our Scholarship Fund, which is used to help students going into the health care field. Thank you to everyone who contributed to this successful fund-raiser. Also, thank you to everyone who helped make this fund-raiser happen even though we were not able to have our usual Lights of Love program and raffle.

We are making plans to hold our usual Spring Flower sale with the help of Bloch's Farm. There is more information in this newsletter.

Please save the date for WHA's Advocacy Day to be held virtually on April 14, 2021. Please check the Wisconsin Hospital Association heatadvocacy@wha.org web site for further details. Registration is free but necessary.

The Lake District Spring Meeting will be held virtually at St. Nicholas Hospital, Sheboygan on April 29, 2021, 9 a.m. to 3:30 p.m. If you are interested in attending, please check the Wisconsin Hospital Association Partners web site calendar for further information.

Scholarship information has been sent to the high schools and the centralized scholarship web site for students to access and apply for the three scholarships awarded by the RMC Auxiliary. The Scholarship Committee will be reading the applications and selecting the winners on April 7, 2021. Scholarships are announced at the schools' spring award ceremonies.

New this year, the Auxiliary Board voted to give all the Ripon Medical Center staff members a treat bag for Valentine's Day in recognition of their dedication and commitment to keeping us all healthy and safe during the COVID-19 pandemic.

The Board did hold a Zoom meeting on Friday, January 15. Our next meeting has not been established at this time. Hopefully, this newsletter will keep you informed as to what we have been doing and what is coming up in the next few months.



I hope everyone is doing well and I am looking forward to when we can all be together again at our luncheons, volunteering at the hospital, attending and helping with fund-raisers or participating in any of the Auxiliary's activities. Please take care and stay safe.

Julie Stellmacher, President



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 but a few of these key advancements.

COVID-19 Vaccination

Since the Wisconsin Department of Health Services (DHS) gave approval for adults age 65 and older to begin receiving the COVID-19 vaccine, Agnesian HealthCare has been planning and implementing vaccine clinics in Fond du Lac, Ripon and Waupun.

Like other health care providers in the state, Agnesian HealthCare is working collaboratively with its public health department partners and the DHS to determine next steps.

On January 25, Agnesian HealthCare started by vaccinating patients ages 75 and older as they are at a higher risk for serious complications and hospitalization due to COVID-19. Within its first week, more than 1,750 patients were vaccinated.

Starting February 3, Agnesian HealthCare has opened its vaccination clinics for patients ages 65 and older. This approach is allowing Agnesian HealthCare to begin vaccinating eligible patients as quickly, efficiently and equitably as possible.

Patients who are age 65 and older can call (920) 926-8400. The hotline is available daily from 7 a.m. to 5 p.m.

Individuals interested in receiving the vaccine can visit agnesian.com/covid19 and complete a vaccine interest form to be notified when vaccination appointments will be available specifically for their age group. While preregistration will not guarantee an immediate appointment, it will help Agnesian HealthCare in notifying individuals on how to schedule an appointment once they are eligible to receive the COVID-19 vaccine.

First DAISY Award

Teal Krause, RN, Emergency Department, has been named as the first DAISY Award for Extraordinary Nurses winner at Ripon Medical Center.

The DAISY Award for Extraordinary Nurses® is part of The DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day.

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families and colleagues. The award recipient is chosen by the Professional Development Council at Ripon Medical Center based on specific criteria to receive The DAISY Award. Awards are presented to one recipient on a quarterly basis at celebrations attended by the honoree's colleagues, patients and visitors.

New Ventilator

As a critical access hospital, Ripon Medical Center has received a free transport ventilator through the Federal Office of Rural Health Policy.

The new Hamilton T-1 portable ventilator complements one generously donated in mid-2020 by the Ripon Medical Center Auxiliary, as the hospital identified this equipment necessity when planning initial responses to the COVID-19 crisis and potential surge of patients.

Ripon Medical Center is very grateful to have two transport ventilators to support the care of critically ill patients requiring respiratory support. These ventilators, in addition to the ones previously in stock at Ripon Medical Center, have advanced technologies allowing the equipment to be used in a variety of capacities to care for COVID-19 and other respiratory illness impacting patients. The ability of some of the ventilators to deliver high flow oxygen has been instrumental in the treatment and recovery of COVID-19 patients at Ripon Medical Center.

Drug Free Communities Recognition

The Drug Free Communities of Fond du Lac County (DFC) recently recognized Agnesian HealthCare for serving as a great community partner in so many ways.

Agnesian HealthCare has been a big supporter of DFC's Drug Take Back Campaign for several years. Agnesian HealthCare helps provide educational materials and manage drug drop boxes at their Fond du Lac, Ripon and Waupun locations, and have collected the largest amount of medications in Fond du Lac County the past three years. These efforts help prevent the availability and misuse of medications in our communities.

DeAnn Thurmer, President, Ripon Medical Center and Waupun Memorial Hospital

Check This Out!!!

The RMC Auxiliary has a new landing page on the Agnesian HealthCare web site.

<https://www.agnesian.com/page/rmc-auxiliary>



TREASURER'S REPORT

FINANCIAL REPORT

December 31, 2020

We have been able to conduct some fund-raising activities during COVID-19, namely Lights of Love, Candy Bar Sale and Grocery Store Roundup. There were a few small sales from the gift shop. We did purchase some new items that were ordered last year, so we will have some new merchandise whenever we can open up again.

Our membership is hanging in there with 50 members paying dues.

You will notice that there is no budget for this fiscal year. The Board felt that there are too many unknowns to be able to project income and expenses for this year. So, we are just doing what we can.

We had \$16,643 in cash at the end of December. We have enough to cover the three \$1,000 scholarships that we will award in the spring, as well as the funds to start up again whenever we are able. We even have the start of a nice cushion to meet any unplanned needs of Ripon Medical Center in the future.

RMC Auxiliary, Inc.
Treasurer's Report
Quarter and Six Months Ended December 31, 2020

	Quarter Actual	Year to Date Actual	Annual Budget
INCOME			
Fund-Raising	\$ 7,538.70	\$ 8,258.70	
Donations	-	50.00	
Membership Dues	50.00	500.00	
Gift Shop Sales	103.95	248.75	
Total Income	\$ 7,692.65	\$ 9,057.45	\$ -
EXPENSES			
Fund-Raising Expenses	\$ 432.00	\$ 889.00	
Sewing Supplies	-	-	
Luncheons	-	-	
State Conventions/District Meetings	-	-	
Organization Expenses	8.20	62.20	
Gift Shop Expenses	1,669.56	2,802.15	
Total Expenses	\$ 2,109.76	\$ 3,753.35	\$ -
Net Income Before Distributions	\$ 5,582.89	\$ 5,304.10	\$ -
DISTRIBUTIONS			
Scholarships	-	-	
Donations for RMC	-	-	
Total Distributions	\$ -	\$ -	\$ -
NET INCOME AFTER DISTRIBUTIONS	\$ 5,582.89	\$ 5,304.10	\$ -
CASH BALANCES		\$ 16,642.54	

FUND-RAISING REPORT 2020

As everyone knows, life as we knew it shut down around mid-March. Before that happened, we did have one Nutman Sale, one Book Fair and our Treats for Sweets sale. We also completed our Flower Basket Sale with pickup in May at Bloch's Farm following COVID-19 protocols. Over the summer and fall, we had Vande Walles candy bars for sale at some local businesses. We picked up a new fund-raiser by participating in the Markesan Piggly Wiggly roundup. We were able to hold a scaled back version of Lights of Love which was more successful than ever. So, we raised \$10,750 in 2020 which is amazing given all that happened. We have the funds to award scholarships in the spring, start up the gift shop again and provide for future needs at Ripon Medical Center. Thank you to all who helped make these fund-raisers a success.

RMC Auxiliary, Inc. Fund-Raising

Event	Calendar 2016	Calendar 2017	Calendar 2018	Calendar 2019	Calendar 2020
Lights of Love Income	3,950.00	3,520.00	3,375.00	4,160.00	5,935.00
Lights of Love Expenses	(125.00)	(55.21)	(200.00)	(138.00)	(25.00)
Net Lights of Love Proceeds	3,825.00	3,464.79	3,175.00	4,022.00	5,910.00
Raffle Income	2,210.00	2,850.00	3,321.00	3,655.00	-
Raffle Expense	(150.45)	(197.16)	(226.04)	(235.90)	-
Net Raffle Proceeds	2,059.55	2,652.84	3,094.96	3,419.10	-
Bake Sale - Christmas - Income	741.67	416.75	728.00	688.50	-
Bake Sale Expense	-	-	(58.00)	(60.00)	-
Net Bake Sale Proceeds	741.67	416.75	670.00	628.50	-
Bake Sale - Spring	210.00	-	-	-	-
Treats for Sweets	-	-	819.00	421.00	390.00
Treats for Sweets Expense	-	-	(6.25)	-	-
Net Treats for Sweets Proceeds	-	-	812.75	421.00	390.00
Candle Sale	105.24	129.43	-	100.00	-
Brat Fry Sales	3,287.26	2,230.11	2,192.13	2,627.50	-
Brat Fry Sales Expenses	(952.29)	(610.51)	(790.69)	(761.31)	-
Net Brat Fry Sales Proceeds	2,334.97	1,619.60	1,401.44	1,866.19	-
Book Fair	300.49	260.62	224.10	320.32	68.79
Nutman	601.97	658.56	774.33	775.82	120.35
Uniform, Footwear and Linen Sale	100.00	474.00	667.82	706.37	-
PTK Sale	-	-	-	360.30	-
Purse Sale	-	116.25	-	-	-
Community Days Book Sales	748.94	565.00	253.76	-	-
Grocery Store Roundup					1,551.14
Candy Bar Sales				1,440.00	2,204.00
Candy Bar Expense				(864.00)	(864.00)
Net Candy Bar Sales	-	-	-	576.00	1,340.00
Flower Basket Sale	2,635.00	2,600.00	3,748.00	3,038.00	4,275.00
Flower Basket Expense	(1,752.50)	(1,771.25)	(2,552.50)	(2,040.75)	(2,905.50)
Net Flower Basket Proceeds	882.50	828.75	1,195.50	997.25	1,369.50
Mum Sale	-	2,837.00	2,858.00	3,336.00	-
Mum Sale Expense	-	(1,716.00)	(1,647.00)	(1,984.00)	-
Net Mum Sale Proceeds	-	1,121.00	1,211.00	1,352.00	-
Totals	11,910.33	12,307.59	13,480.66	15,544.85	10,749.78

VOLUNTEER NEWS AND NOTES

Greetings everyone, I am happy to serve as your interim Volunteer Services coordinator until a new coordinator is hired for Ripon Medical Center and Waupun Memorial Hospital. I am currently working between Hospice Hope sites and covering Ripon Medical Center volunteer needs on Mondays, Wednesdays and Fridays 8 a.m. to 4:30 p.m. On my days off, feel free to reach to Barb VanEgtern for any Ripon Medical Center needs at (920) 926-4966.

The COVID-19 vaccine has been available to our volunteers and several volunteers have received their first dose or both. If you did not receive your first dose by January 27, you will need to schedule both doses at St. Agnes Hospital. Only second doses are being given at Ripon Medical Center during the month of February. We will continue to contact you by e-mail with updates. Things can change rather quickly, so please keep an eye on your e-mail and do not hesitate to contact us if you need clarification.

At this time, St. Agnes Hospital wheelchair transport volunteers will be the first volunteers back on duty. Information desk volunteers at Ripon Medical Center and Waupun Memorial Hospital will be the next group to return. Keep in mind that the duties for those volunteers will be a bit different than before, as we now also have employees doing COVID-19 screenings at the hospital entrances. Volunteer Services will be contacting those Ripon Medical Center volunteers and creating a new schedule once a start date has been determined.

If you have any questions or concerns, please do not hesitate to contact me at beatriz.walleser@ssmhealth.com or leave a voicemail at (920) 745-3670. I will return your e-mail or call as soon as possible.

Thank you all so much for your patience and support during these uncertain times. We look forward to having you back in the near future.

Betty Walleser, Interim Volunteer Service Coordinator, Ripon Medical Center

PUBLIC POLICY EDUCATION UPDATE

Our lawmakers need to hear from us, telling them to protect the legal rights of nursing home residents not the nursing home industry. This is on the docket to be discussed. Our in-person visits have been zero and inspections are limited. We need to hold nursing homes accountable. We can't take the rights away from our families and residents. The facilities need to be accountable. Around 120,000 nursing home residents and staff died from COVID-19. Look up your lawmaker's e-mail or call and tell them you want their vote to protect the rights of residents and families in nursing homes. GOD BLESS everyone.

Sandy Krueger, Chairperson Public Policy, Education

Rivers do not drink their own water; tree do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you're happy; but much better when others are happy because of you.

Pope Francis

COMMUNITY HEALTH EDUCATION

What can you do to improve your immune system?

Myths vs. facts and strategies for healthier living

Your immune system is on the job around the clock to protect you from infectious bacteria, viruses, fungi and parasites that cause disease, suffering and death. The immune system is an extremely complex network of cells and molecules that researchers are still working to understand. Because there is so much about immune function that remains unknown, immune system myths abound, and commercial enterprise have exploited them. The following are three common immune system myths.

Immune system myth #1: The more active your immune system is, the healthier you will be.

Immune system fact #1: Where the immune system is concerned, there can be too much of a good thing. A hyperactive immune response is responsible for allergic reactions to ordinary nontoxic substances. It also underlies a number of major diseases, including diabetes, lupus, and rheumatoid arthritis. According to Dr. Robert Shmerling, medical editor of the Harvard Medical School Special Health Report *Rheumatoid Arthritis*, it is not known why the immune system malfunctions in people with rheumatoid arthritis. "Theories (and myths) abound," he said. "Infections, diet, and environmental toxins have all been blamed at one time or another – but there is no convincing evidence supporting any one of these as a specific cause of rheumatoid arthritis. In fact, there may be multiple reasons why the immune system malfunctions."

Immune system myth #2: Getting more than the recommended dietary allowance of a vitamin or mineral will improve your immune system.

Immune system fact #2: So far, there is no evidence that taking extra amounts of any vitamin will improve your immune system or protect you if you don't have micronutrient deficiencies. However, older people, who are more likely to have such deficiencies, should discuss this question with a physician who is well-versed in geriatric nutrition.

Immune system myth #3: Many vaccines have health risks.

Immune system fact # 3: Nearly everything we do involves some level of risk. The risk of dying in a car accident is one in 6,700. The chance of drowning in the bathtub is one in 840,000. But the risk of a serious reaction from a vaccine is small by comparison: one in a million for the diphtheria, tetanus and pertussis, or DTaP vaccine, for example. And yet most of us don't hesitate to take a bath or ride in the car.

What you can do to improve your immune system?

Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Stay up-to-date with recommended immunizations.
- Don't smoke.
- Eat a diet high in fruits, vegetables and whole grains. Restrict saturated fats and sugars to 10 percent of total calories. Minimize consumption of red and processed meats.
- Exercise regularly. Try to get 150 minutes of moderate activity a week.
- Maintain a healthy weight.
- Control your blood pressure.
- If you drink alcohol, do so only in moderation.
- Get adequate sleep.
- Get regular medical screening tests for people in your age group and risk category.

By Beverly Merz, Executive Editor, *Harvard Women's Health Watch* **Published: September 2016**
<https://www.health.harvard.edu/healthy-eating/what-can-you-do-to-improve-your-immune-system>

Barb Benkoski, Chairperson, Community Health Education

FUND-RAISING

Flower Basket Sale 2021

The Ripon Medical Center Auxiliary is hosting its sixth annual spring flower sale. Order forms feature a variety of hanging baskets from Bloch's Farm Landscape & Garden Center (Green Lake) and are being sent by e-mail and are available by visiting www.agnesian.com/flower-sale. A new geranium basket was added this year for \$25.



Completed forms, along with a check for payment, can be mailed with payment to: Radene Abel, PO Box 483, or dropped off at W1049 Highway 23/49, Green Lake, WI 54941. Make checks payable to the RMC Auxiliary.

The deadline for placing an order is March 31, 2021. Flowers will be ready for pickup at Bloch's Farm Landscape & Garden Center from 1 to 5:30 p.m. on April 30.

For more information, contact Radene Abel at (920) 229-9827.

THINK SPRING!

We need everyone to buy and sell flower baskets.

Lights of Love 2020

Lights of Love was scaled back this year because of COVID-19, with no raffle and no tree lighting ceremony. In spite of this, we raised \$5,935 from donations, 43 percent more than last year's \$4,160. When the Board decided to go ahead with Lights of Love, aware of the limitations, it had no idea what to expect and only hoped to raise enough money to cover the scholarships we will award in the spring. The response shows how important and meaningful Lights of Love is to our community. I would like to thank Shelly Haberman at Agnesian HealthCare for all of her help to promote this event.

Bobbie Pollesch, Chairperson, Lights of Love

Editor's Note: Thank you Bobbie for all the time and energy you put in to make this project a success!

Candy Bar Sales

Candy Bar Sales have been suspended until further notice.

Georgia Stellmacher, Chairperson, Fund-Raising

GIFT SHOP

The gift shop is still closed. No date has been set to reopen. We'll be ready and waiting for all our happy shoppers!

Gift Shop Committee





Some Thoughts for President's Day

(attributed to Abraham Lincoln)

You cannot bring prosperity by discouraging thrift.

You cannot help small men by tearing down big men.

You cannot strengthen the weak by weakening the strong.

You cannot lift the wage earner by pulling down the wage payer.

You cannot help the poor man by destroying the rich.

You cannot keep out of trouble by spending more than your income.

You cannot further brotherhood of men by inciting class hatred

You cannot establish security on borrowed money.

You cannot build character and courage by taking away man's initiative and independence.

You cannot help men permanently by doing for them what they could and should do for themselves.

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February Fun 2021

L E B N Z L Y B E K N I P U X N S P K S
 A R Z F L N O N L O V E Q U O O D R U D
 C A I N S O I F Q X P D F F C I D E T N
 E O Q F I T C K V H X E C B L T J S R C
 F R I E N D Z N O S B M F I V A T I G Q
 E E R E S M I G I R C T U B N R H D S H
 D C L I E T Z F U L D H V V C O V E V G
 Y A N O R G U A S T E L O I V C Y N P R
 V I P A C T R A E H T E E W S E D T Q S
 V F E Z M Y C O L D Q W D A C D N S B N
 I H L U G O R X U Z K N W D A A A M U O
 L V H I L I R E F N W K I D R Y C E K W
 S R E W O L F W M E D P L J D T V P X R
 W A S H I N G T O N U A F F E C T I O N
 U F H P P O G R F C C R I B B O N U H B

valentine	February
sweetheart	candy
ribbon	love
Cupid	gift
decoration	romance
poem	card
violets	heart
friend	red
pink	lowers
lace	affection
Lincoln	Washington
Presidents Day	cold
ground hog	snow