



Memos from MEMORIAL

Partners of Rusk County Memorial Hospital

Volume 41 ~ Issue 1

March 2018

Edition Highlights

- RCMH 100 Year Celebration Event
- Upcoming Sales!
- Partners' Annual Board Meeting
- WHA Advocacy Day in Madison
- WHA Partners Membership
- Wisconsin #1 in Nation for Quality Performance!!

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OFFICERS:

Bev Lazar, President
 Mary Jane Nelson, Vice President
 Pauline Lundgren, Treasurer
 Secretary, Joanne Phetteplace
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Welcome new Partner BOD Members ~ Lyn Wincek and Joanne Phetteplace, Secretary!!!

Upcoming Events: Mark Your Calendars...

GENEVA LINENS

SHEETS, LINENS, SHERPAS, & PILLOWS SALE:

April 26 ~ 9:00 a.m.—5:00 p.m.

April 27 ~ 7:00 a.m.—3:00 p.m.

At RCMH Lobby

This is a VERY popular annual event Partners brings to RCMH each year offering 900 & 1200 thread count linen sheets, sherpas, and bamboo pillows... A Geneva linens expert will be here to answer your linen questions. Don't miss out! These comfy, cozy, attractive linens & items make wonderful and highly coveted gifts too!!



2nd Annual \$6.00 SALE Back by Popular Demand!

SALE An excellent opportunity to get a head start on school shopping, gift shopping, personal shopping, and more. This FUND-raising event includes products for men and boys, women and girls. Sale items include rings, watches, bracelets, ties, scarves, sunglasses, cufflinks, purses, totes, reading glasses, gadgets, socks, SO many gift items and much more!!! WE HAVE SOMETHING FOR EVERYONE!

July 10 ~ 7:30 a.m.—4:30 p.m.

RCMH Lobby



HOSPITAL CENTENNIAL CELEBRATION

Rusk County Memorial Hospital is celebrating

100 Years of Caring!

Our grand Centennial Celebration will be held on **Sunday, June 10, 2018**

and you're invited!

SAVE THE DATE for fun, games and activities, history, food, music, and the return of the Ice Cream Social!!



Wisconsin Hospital Association Advocacy Day in Madison ~ 2018

Nearly a thousand hospital leaders, employees, trustees and volunteers, including ten from RCMH, descended on Madison on March 21st to participate in the Wisconsin Hospital Association's (WHA) Advocacy Day event.

Advocacy Day is an annual event that connects hospital supporters from across the state with their legislators in Madison so lawmakers can learn how issues impact both city and rural hospitals and our communities.

Eric Borgerding, President/CEO of WHA moderated a bipartisan state legislative panel, which answered questions under the heading of "What keeps you up at night?" and included Rep. Joe Sanfelippo (R-New Berlin), Sen. Patrick

Testin (R-Stevens Point), Rep. Debra Kolste (D-Janesville), and Sen. Jon Erpenback (D-Middleton). *(From left to right below)*

Lt. Governor Rebecca Kleefisch shared her personal testimony of excellent, high quality healthcare in our state during her experience of difficult health challenges and provided luncheon keynote remarks. *(Cont'd on pg. 3)*



WHA's 2018 Advocacy Day state legislative leadership panel, from left: Moderator Eric Borgerding, WHA President/CEO; Rep. Joe Sanfelippo, Sen. Patrick Testin; Rep. Debra Kolste, Sen. Jon Erpenback

GENERATOR SAFETY

When you have lost power, a portable generator can temporarily provide needed electricity. However, it may present serious hazards if not used properly. Follow these tips to ensure everyone's safety:

- ♦ Select a generator that can provide the amount of power you expect to need.
- ♦ Read all instructions before using.
- ♦ Always operate the generator on a stable, dry surface.
- ♦ Set up your generator in a well-ventilated area outside the home—out and away from your garage, doors, windows, and vents into the home. Generators produce DEADLY carbon monoxide!
- ♦ Use a heavy-duty extension cord to connect appliances to the outlets on the generator.
- ♦ NEVER plug a portable generator into your home. This can cause electricity to feed back through your home onto the utility's system. This "backfeed" can be deadly for line workers and anyone near downed power lines.
- ♦ Always allow the generator to cool before refueling.
- ♦ BE SAFE FIRST! Learn more about generator & storm safety @ SafeElectricity.org.

Give Back and Get More

If you're volunteering this season, you may not expect anything in return—but you're getting better health as a perk. In fact, it may even be making you younger, according to a study published in PLOS ONE. Researchers looked at more than 40,000 people and found that those who volunteered were as healthy as someone five years younger—even after controlling for variables like education and gender. Please consider volunteer opportunities at RCMH or with RCMH Partners!

Table Manners...

Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away. "Johnny, wait until we've said our prayer," his mother reminded him.

"I don't have to" little Johnny replied. "Of course you do" his mother insisted. "We say a prayer before eating at our house." That's at OUR house," Johnny explained, "but this is Grandma's house and she knows how to cook!"

Partners Annual Meeting

The Partners of RCMH annual meeting was held on February 13, 2018. A light lunch was served to all attendees. Jeff Euclid, RCMH CEO, spoke about the sale of the hospital, which is moving along. Sue Disbrow presented a plaque with a beautifully written poem penned by Michael Duran for the Healing Garden sculpture "Threading the Needle". This plaque is to be displayed in the front lobby. The meeting progressed with the Pledge of Allegiance, the secretary report from Amanda Thompson, the Treasurers Report and approval of the 2018 budget from Pauline Lundgren, Treasurer; public policy comments shared by Joe Baye, and membership discussed by Mary Jane Nelson.

The Continuing Education Scholarships were presented by Paula Carow to RMCH employees Jennifer Zimmer and Emily Gorseigner.

The Partners Nomination Committee members are Mary Jane Nelson, Sue Disbrow, and Rosemary Zuck. Our new Secretary for 2018 is Joanne Phetteplace. All other officers will remain the same.

Recognition of volunteers was given by Beverly Lazar. Cumulative volunteer hours from 2015 through 2017 totaled 11,179! Hurray, and JOB WELL DONE!! The hospital and Partners could not do what we do without our Partner Volunteers!! Thank you!

Beverly Lazar, RCMH Partners President

(WHA Advocacy Cont'd)

Over 600 attendees spent time with their area elected officials in hundreds of legislative visits! Our group met with Senator Jerry Petrowski, and Reps. Snyder, Spiros, and "Jimmy Boy" Edming!

The Panel and legislative conversations focused on the top three issues facing hospital leaders in WI, including workforce, insurance stability, and reimbursement from government payers.

We encourage you, our WHA Partners, to support WI healthcare as the conversation continues. Thank you!!

Our very own local James "Jimmy Boy" Edming at the State Capitol *(below)*



Bev Lazar, President; Carolyn Welsch, Volunteer Services Coordinator; Linda Denzer, Board Member/Health Ed.; & MJ Nelson, Vice President *(above)*

TEN RCMH Staff and Partners attended the 2018 WHA Advocacy Day event!

THREE SIMPLE RULES OF LIFE

- ♦ If you don't go after what you want, you will never get it.
- ♦ If you don't ask for something, the answer will always be NO.
- ♦ If you don't take steps forward, you will always be in the same place

Wisconsin is Ranked #1 in Nation

for Overall Health Care Quality and Performance based on 130+ statistical evaluation measurements!

- | | |
|-----|---------------|
| # 1 | WISCONSON !!! |
| # 2 | Maine |
| # 3 | Utah |
| # 4 | Minnesota |
| # 5 | Illinois |

(See Pg. 5 bottom for article)

Good Health and Preventive Care Checklist

**List provided by Security Health Plan. Please check with your doctor as well.*

VISIT	CHECKS FOR	FREQUENCY
Preventive Visit	Height, weight, blood pressure	Every year
Diabetes Screening	Glucose levels	Every 3 years starting at age 45
Pneumococcal Vaccine	Immunization against pneumonia	At age 65, if not previously received
Flu Vaccine	Immunization against flu	Every year
Colorectal Screening	Cancer	Every 10 years after age 50
Mammogram (women only)	Cancer	Every 2 years beginning at age 50
Pap Smear (women only)	Cancer	Every 3 years
Bone Density Screening	Osteoporosis (bone disease)	Age 65
Abdominal Aortic Aneurysm Ultrasound (men only)	Weakness in a main artery	Age 65 to 75 if you've smoked more than 100 cigarettes in your lifetime
Glaucoma Eye Exam	Damage to eye's optic nerve	Age 65
Tetanus-diphtheria Vaccine	Lockjaw & respiratory infection	Every 10 years for immunization
Herpes Zoster (Shingles) Vac.	Painful, blistering rash	Age 60 for immunization against Shingles

*IF Diabetic: hemoglobin A1C, Complete eye exam, and Urine Protein test ANNUALLY.

New "Safer" Medicare Cards

Congress has come up with a way to make it harder for Medicare scammers to steal your ID and rip you off. The solution: new Medicare cards that don't include your SSN, gender or signature.

The new cards start going into the mail on April 1, 2018. Each will feature a computer-generated Medicare beneficiary identifier (MBI) assigned just to you; made up of 11 numbers and letters to be used for billing, verify eligibility for services and check the status of a claim.

These changes will make it considerably harder for criminals to steal your identity. However, scammers are already looking to target the 28 million people who will be getting new cards next year by calling beneficiaries, pretending to be from Medicare.

While the new Medicare cards will begin being mailed out April 1, 2018, both the old and new Medicare cards will be valid for use by members until December 31, 2019.

(See article on right for precautions)

3 Common Pitches of Scammers

1. You're asked for your SSN and bank information so you can get the new card. **HANG UP!!!** Medicare will never call you and never ask for such information.
2. You're asked to pay for your new card. **HANG UP!!!** The new card is free.
3. You're told you'll lose your Medicare benefits if you don't give them money and personal information right now. **HANG UP!!!** The free card will be sent to you automatically. Your benefits will remain the same.

Mailing cards to so many people is a big job and will take time. Not everyone will receive their cards at the same time. Do not worry as you will have until 12/31/19 to begin using the new I.D.



RCMH PARTNER MEMBERSHIP

MEMBERSHIP is the most important part of any organization. Are YOU a member of "Partners"? If not, you are **NEEDED** to be a member because without you, we would not continue to exist.

WHY do we need you to become a member? Our members help to raise money for health education scholarships, medical department needs, and helpful purchases outside the hospital budget.

WHAT do our members do? First and foremost, we assist where needed, be it helping with hospital projects, patient visits, volunteer hospitality desk and wayfinding, gardening, awarding scholarship funds, help in purchasing items needed at the hospital, and fundraising to finance all our services.

HOW do I become a Partner Member? Your time and/or financial commitment is so important to RCMH.

- ♦ I am interested in Partnering with RCMH as an on-site volunteer: Contact Carolyn Welsch, Volunteer Coordinator at 532-5561, ext. 1227.

- ♦ I am interested in learning more about RCMH Partners Board or teaming up with the Partners Auxiliary to help with planning events or help with fundraising and promoting our hospital's mission in my community: Contact Beverly Lazar, RCMH Partners Board President at 585-7756 or Mary Jane Nelson, Vice President at 595-4141.

COMPLETE the **DONATION PLEDGE / VOLUNTEER CARD**: You will find a membership card on the back of this newsletter which may be cut out and mailed with your donation. Please indicate any areas you would be interested in volunteering or give us a call to learn more if you have any questions. Mail to:

Partners of RCMH

900 College Ave. W., Ladysmith, WI 54848

THANK YOU for your contributions, both financial and in active service! We could not support our local hospital and impact our communities as we do without your help and generosity!

M.J. Nelson, Partner's Vice President

WI Rural Hospitals Rated Best in Country for Quality Performance!

Approximately 1.5 million people—one in four Wisconsinites—live in rural and frontier communities throughout Wisconsin. "Small towns and rural areas are the beating heart of our state," said WI Office of Rural Health Director, John Eich. "And the hospitals and providers serving these rural communities help keep that heartbeat strong and healthy. They provide high quality care, and keep good jobs in rural Wisconsin."

In 2017, the Health Resources and Services Administration announced WI ranked as the top performing state for Critical Access Hospital (CAH) quality improvement and reporting. RCMH IS among this accolade! This announcement is yet another federal recognition of our high quality, high value health care system that is an economic asset to WI, and would not be possible without the strong commitment by our hospital leaders, physicians, advanced practice providers and many others on patient care teams dedicated to continuous improvement. The education, training and availability of patient care staff is critical in order to sustain these significant accomplishments.

Rural hospitals support the physical well-being of the people living in that area, but they are also a critical asset to local economies. Oftentimes hospitals are the core of rural communities in Wisconsin, allowing other businesses to recruit and retain staff who depend on high quality health care for their families as well as directly employing hundreds of people.

Your support of public policy that enables our members to be successful in achieving the goal of providing the highest quality health care in the country is encouraged and appreciated. To learn more, please visit Wisconsin Hospital Association at WWW.WHA.org.



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Memorial Hospital

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Please Contact Carolyn at
(715) 532-5561 ext. 1227 to update your
address/contact information.

WWW.RUSKHOSPITAL.ORG

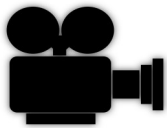
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MEMOS from MEMORIAL

Life is like a
CAMERA



FOCUS on
what's
important

CAPTURE

The
GOOD
TIMES


DEVELOP
from the
negatives

And if things
don't work out,
**TAKE
ANOTHER
SHOT**