

# Friends of VMH

Vernon Memorial Healthcare, Viroqua

August 2016

## News from Your President

After a very successful year of fundraising, I wish to thank our volunteers who donated time, energy and products toward our many projects. All of your volunteer efforts are greatly appreciated. Many hands make for light work. Thank you all very much.

The Friends would like to thank Shelley and Nancy for their endless time and energy in managing and keeping the inventory in the Gift Shop at a remarkable level with a wonderful variety of gift items. Also, thank you to all of the volunteers who work at the Gift Shop and/or give of their time to VMH.

### Proceeds from our Gift Shop

\$16,000.00

### Some of our project profits were:

Love lights \$1,191.00

### Holiday & Spring Craft Shows

\$3,240.00

### Holiday & Spring Bake Sales

\$1,001.00

### Geranium sale

\$1,026.00

### Taco luncheon

\$685.00

### Brat & Mum sale 2015

\$800.00

### Spud Bowl

\$330.00

### Donations:

### Scholarships

\$9,500.00

### Occupational Services—Clinics

\$3,976.70

### La Farge Medical Clinic

\$2,698.10

### Speaker Kim John Payne

\$468.00

### Wheelchair cushions

\$2,246.00

### Bland Bekkedal Center for Hospice Care

\$3,000.00

### Blood Pressure Monitors

\$831.42

### Diabetic Logs

\$457.50

Thank you all for your support.

I'm looking forward to seeing you at the Membership Luncheon on September 12th.

Included elsewhere in this newsletter will be: the budget for the coming year 2016-2017; calendar of events for the coming year; your Invitation to the Membership Luncheon; and an Invitation to our bus trip to Fort Atkinson.



*Phyllis Malin ,  
Friends of VMH  
President*

# MEMBERSHIP LUNCHEON

**Monday, September 12, 2016**

Medical Office Building Conference Rooms A and B

Registration 11:30 Lunch served at 12:00 noon

**Please bring a guest as a potential member**

**RSVP by September 5th** to Donna Nelson @ 637- 4374 or donelson@vmh.org

# Friends of VMH 2016-2017 Proposed Budget

## Anticipated Receipts

Gift Shop	16,000.00
Membership dues	1,400.00
Holiday Craft show & Bake Sale	2,900.00
Spring Craft Show & Bake Sale	1,300.00
Lovelights	1,900.00
Geranium Sale	1,500.00
Taco luncheon	600.00
Brat & Mum Sale	550.00
Spud Bowl	250.00
Interest	80.00

## Total Anticipated Receipts

**\$26,480.00**

## Anticipated Expenses

Partners of WHA dues	100.00
District Meetings	200.00
Postage and Newsletters	450.00
Convention Expenses	500.00
Miscellaneous Expenses	400.00

## Total Anticipated Expenses

**\$1,650.00**

## Anticipated Donations

Scholarships	12,500.00
Hospice	3,000.00
Hospice memorial candles	700.00
Obstetrics project	500.00
New Year's Baby gift certificate	100.00
Occupational Therapy Walker bags	300.00
Memorials—Sunshine club	50.00
Special VMH Projects	7,680.00

## Total Anticipated Donations

**\$24,830.00**

## Total Expenses and Donations

**\$26,480.00**



Congratulations to Friends member, Nancy Johnson, RN, who retired July 8th after being a part of VMH for 27 years.



State CHE Chair, Sherry Jelic, converses with Judy Gilbertson at the Spring District meeting in La Crosse,



So many choices at our May Geranium Sale!

# Public Policy Report



Since 2011, the Congress and Administration have wrestled with how to reduce the federal deficit and/or raise the debt ceiling. During that time, the Congress has also wrestled with finding dollars to extend other popular provisions (Social Security payroll tax holiday) or stop unpopular provisions (Medicare physician payment cuts). For each of these situations, proposals cutting hospital payments have surfaced from Members of Congress, the Administration or commissions tasked with finding savings. With Medicare and Medicaid as significant cost-drivers in the federal budget, the Wisconsin Hospital Association anticipates hospital cuts will continue to percolate in the coming year as Congress looks for funding sources for other priorities.



*Ole! Sarah Howard delivered tacos to local businesses during our June Taco Luncheon.*

# Calendar of Events 2016-2017

*Clip and Save*

Membership Luncheon	September 12, 2016
Partners WHA State Convention	October 4-5-6, 2016
October Friends VMH Meeting	October 10, 2016
Fall District Meeting – La Crosse	October 26, 2016
Christmas at the Fireside Bus Trip	November 5, 2016
November Friends VMH Meeting	November 14, 2016
Lovelights with Twinkle Parade	November 25, 2016
Holiday Craft Show & Bake Sale	December 1, 2016
December Friends VMH Meeting	No meeting
January Friends VMH Meeting	January 9, 2017
Spud Bowl & Cupcake Sale	January 19, 2017
Staff Appreciation Luncheon	February 13, 2017
March Friends VMH Meeting	March 13, 2017
April Friends VMH Meeting	April 10, 2017
Advocacy Day-Madison	April 19, 2017
Spring District Meeting	To be determined
Spring Craft Show & Bake Sale	To be determined
May Friends VMH Meeting	May 8, 2017
Geranium Sale	May 12, 2017
Taco Luncheon	June 22, 2017
Brat and Mum Sale	To be determined

**RSVP** now to the **Annual Membership Luncheon**  
No additional invitations/mailings/reminders will be sent  
Call Donna at **637-4374**  
by **September 5th** so that enough food is prepared.  
Don't forget to invite a guest



**A Fireside Christmas**

**The Fireside**  
Dinner Theatre

**Saturday, November 5th 2016**

**TICKETS \$100 per person**  
Includes travel, meal, show & gratuity

Join us for an afternoon of food and holiday entertainment  
as part of the Friends of VMH Annual Bus Trip.

**i** Pick up from Vernon Memorial Hospital, 507 S. Main St., Viroqua  
Saturday, November 5th at 7am (expected return time 7pm).  
RSVP: Donna Nelson (608) 637-4374 by October 1st, 2016.  
Checks should be made payable to THE FRIENDS OF VMH

**Vernon Memorial Healthcare**  
So much care, so close.

Since it first debuted in 1993, over a million people have enjoyed twenty special editions of A FIRESIDE CHRISTMAS. This tradition has made The Fireside the number one choice for Christmas entertainment for guests from around the nation and around the world. Another all new edition of A FIRESIDE CHRISTMAS, brings you a show that will re-ignite the true Christmas spirit in all of us. Through songs, stories, and

dances – both traditional and original – we commit ourselves to capturing the very heart and essence of the holiday season. Each show is new and exciting, with gorgeous new costumes and sets, new songs and dancing, and new ways to tell the familiar stories of the season. What never changes is our faithfulness to the traditions and memories of this most joyous of seasons. Reserve your seat now at 637-4374.

## News from Our Volunteer Coordinator

Thank you volunteers! As always, your efforts are very much appreciated.  
Coming Up....

**Vernon County Fair:** We are in need of volunteers for the Vernon County Fair September 14-18. Contact Judy by **September 7** if you would be able to volunteer. You will receive a phone call regarding the shifts that are available.

**Blood Drives:** Friday, October 19 and December 16. Shifts are 10:00 to Noon and Noon to 2:00.

**Please contact me by Oct. 1 if you signed up or want to sign up.**

**Patient Escorts:** Volunteers are needed in both the hospital and clinic during the week. Training will be provided.

### Patient Registration and

**Accounts:** Volunteer(s) needed to help with a credentialing project. They are looking for people who pay attention to detail. Must be computer savvy and have good handwriting.

**Administration:** Request for volunteers to be placed on a call list when a volunteer is needed to fill in when Maryann Burckhardt is gone. You would be sitting at her desk answering the phone and welcoming people who come into that office.

Enjoy the rest of the summer!


*Judy Gilbertson*  
Volunteer Coordinator



# State Convention Draws Near

It will soon be time to “saddle up” and ride with your hosts, the “Wild, Wild Western District,” for a rootin’ tootin’ Old West celebration! The Partners of WHA annual convention is October 4th-6th in Appleton at the Radisson Paper Valley Hotel. Many great workshops and activities are ready to grab your interest and hold your excitement. Some fabulous speakers have been selected and this year’s panel is exceptional.

Kim Hodous will present a keynote address titled “**How to Kick Up Your Heels and Live Life to the Fullest.**”



**Kick Up Your Heels  
for Volunteers!**

**Western District hosts  
2016 Partners of WHA Convention**

**OCTOBER 4, 5 & 6, 2016**  
Radisson Paper Valley Hotel, Appleton  
Opening Session begins Tuesday, October 4 at 1:00 pm

**KEYNOTE SPEAKER**  
Kim Hodous, The Kitchen Table CEO  
“How to Kick Up Your Heels and Live Life to the Fullest”

Closing speaker: Todd Mahr, M.D., “All about Asthma: What’s New”  
Thursday at 9 a.m.

**KG and the Ranger**  
will kick up the festivities Tuesday evening!  
Western wear desired, but not required.

Workshop information and registration attached.

Tuesday evening KG & THE RANGER will perform. The closing speaker will be Dr. Todd Mahr who is a Pediatric Allergy/Immunology Physician at Gundersen Health System Dr. Mahr will send you home smiling.

Get out your Western wear, boots, hats, and denim jeans/skirts and come “Kick Up Your Heels for Volunteers” with the Western District and Partners of WHA.

**Registrations are due September 5th. If you are interested in attending contact Phyllis Malin or Julie Steiner.**



*The Western District 2016 Convention  
Committee and State Officers*

## Howard's Help Out at State Convention

Friends of VMH member and VMH Marketing Assistant, Dan Howard will present a Social Media workshop as part of the 2016 state convention. Dan will provide Partners members with info on how to share a volunteer organization's online presence.

Friends member, Sarah Howard will help volunteers “kick up their heels” as she leads line dancing as part of the convention's Tuesday night entertainment.

# State CHE Report



*Sherry Jelic*  
*State CHE Chair*

The more we learn about lung disease, the greater the chances of preventing it. The one thing we know about lungs is that they are vital to our life. Just as in the past, education and prevention efforts led to a drop in heart attacks.

Experts hope that as more people learn about COPD and lung cancer, fewer will actually get it. Here are three myths and facts about lung disease. Myth: Lung disease is rare. The fact is COPD is the fourth leading cause of death in the U.S. Lung cancer is the leading cause of cancer death among both men and women; about 1 out of 4 cancer deaths are from lung cancer.

Myth: Lung disease only strikes smokers. The main cause of COPD and lung cancer is smoking and exposure to secondhand smoke. But not everyone is a current or former smoker. Long-term exposure to pollutants and some occupations are riskier for lung health. There are also genetic influences. The number 2 cause of

lung cancer is exposure to the odorless radioactive gas we know as radon. Myth: It's too late to quit smoking. It's never too late to quit smoking. Your circulation improves and your lungs work better. The risk of lung cancer and COPD start to drop over time. Ten years after you quit, the odds of getting lung cancer will be half of what they are now. At any stage of COPD, quitting smoking will lessen your symptoms and slow COPD progression, and help manage the disease.

Your treatment for lung cancer may be more effective and side effects could be milder. If you need surgery, ex-smokers heal better than smokers. Fact: Exercise is important if you have lung disease. Exercise helps your lungs work more effectively. It improves the way the heart pumps. It reduces anxiety and stress and improves mood. Exercise also improves cognitive function. Fact: Early diagnosis helps. It's crucial to catch COPD and lung cancer early to prevent more damage to the lungs and increase life outcome. Fact: Everyone should try to prevent infections. Get a flu shot.



## Reminder

**RSVP now to the Annual Membership Luncheon**

No additional invitations/ mailings/reminders will be sent

Call Donna at **637-4374**

by **September 5th**

Please invite a guest!

Plan to pay your membership dues just \$20!



*Marilyn Bland was honored at the 2015 Member Luncheon*

