



Hello Partners With Our Lady of Victory Hospital!

Summer is here, at least the weather says it is!

Just a reminder that we are planning a fundraiser Thrift Sale during the city wide thrift sales, August 13 & 14. The dates were changed to the second week instead of the first.

**WE NEED DONATED ITEMS, ENOUGH TO MAKE A NICE LOOKING FUNDRAISER THRIFT SALE! PLEASE, PLEASE LOOK THROUGH YOUR THINGS TO SEE WHAT YOU CAN HELP US OUT WITH!**

It doesn't look like we will be able to have a book fair this year, so the thrift sale will be in place of it and we'll just plan on donating all profit to the scholarship fund.

I need to know items that members have to donate so we can see if we have enough items to have a thrift sale! Even if you don't have anything, I need to know that as well. I would appreciate members calling me at 715-644-3638 or email at [donnorchrist@charter.net](mailto:donnorchrist@charter.net) by July 9 so we can get on the list to be included in the city wide sale. We will be calling all members who have not responded. If you are asked for donations from other organizations, please consider saving your items for Partners. Anyone who is unable to get their donations to the sale, please let me know and we'll take care of it for you. I also need to know if you want any of the items back if they don't sell, otherwise we are planning on taking them to Hope Gospel Mission.

**We will have a committee meeting for the Thrift Sale sometime after July 9 to discuss the fundraiser sale.**

I still have not heard when we may be able to get back into the hospital for volunteering. I'm still hoping to get our volunteer opportunities that we started before the pandemic off the ground! I will need to start over and ask again for members who are willing to volunteer once a week, twice a week, or once a month.

### **Highlights of the West Central District Virtual Spring Meeting**

#### **STATE PRESENTATIONS**

PPE Chair – Bill McCullough – Bill talked about leadership and mentoring.

CHE Chair – Sue Schulke – Sue talked about Infectious Disease which included current ones and future ones and their impact.

President-Elect – Sharon Scott – Sharon talked about the Honor Points, the two new categories and by-laws. The two new categories are 2 points for general meetings and 2 pts for your members who are in a District or State office.

State President – Peg Larson – Peg mentioned the figures for 2020, State Convention, and Scholarships.

Hospital Reports: Each hospital gave a short report. Most are meeting either zoom or beginning to meet in person. Some groups have a few volunteers back in the hospital, others aren't able to have volunteers in their hospital yet. Most organizations haven't lost too many members.

Fall Meeting – John asked that the organizations think about hosting the Fall District Meeting.

2023 Convention – Betty told us the dates are 10/03-10/05/2023; Venue- Holiday Inn, Steven's Point, confirmed; Betty will be sending out an email with info on a theme for the convention. Concerned that Covid may still have some cost effects because of lack of fundraising by the volunteers due to pandemic. However we are proceeding optimistically and will do the best we can.

Election and Induction of New Officers: Chair – Betty Oddo, Chair-Elect – Donella Christianson, Secretary-Treasurer – Jaci Fuller. These officers were installed by State President Peg Larson.

Several members thanked John for a good job leading the District, and a gift card was "presented".

## **NEWS FROM “REACHING OUT”, PARTNERS OF WHA’S MAY NEWSLETTER 2021**

### **A Message from the Partners of WHA President - Returning to Action**

Spring Tour will be in progress when you are reading this! We are so excited to be able to meet with all of you, even if it is virtually. Partners is moving forward to continue to provide education and networking opportunities for volunteers all over the state and beyond. I want to be sure that everyone who would like to participate is able to. We have a couple of practice sessions scheduled, but if anyone needs help, please email, text, or call me! I will do my very best to help you troubleshoot your issue. We are so glad that so many of the Partners are adventuring into the virtual world with us. One of the benefits of our virtual Spring Tour is the cost savings of no travel. Partners is waiving the dues for 2021 to allow the local organizations to save their hard-earned money.

Thank you for submitting your annual reports! Most of our members (48 of 54) were able to complete their report for 2020. We were amazed at the good that groups were able to do. The greatest impact of the pandemic was in hours of service. In 2019, 7,929 members provided 655,823 hours of service and donated \$924,519 to projects. In 2020, 6,275 members provided only 202,317 hours of service but were able to donate \$857,381! The number of scholarships declined from 302 to 250, \$311,125 to \$270,728, still impressive numbers in a difficult year. Fortunately, many organizations have managed to endow their scholarships, allowing them to continue supporting students in their community and taking advantage of a good year in the stock market. Health Education suffered with only 87 projects (241 in 2019) and 85 articles (167 in 2019). Public Policy activity also was difficult; although, it is hard to know if part of the drop is related to data collection, difficult in a “normal” year. Nonetheless, there were 42 articles (146) and 571 (1,090) contacts with legislators. With Advocacy Day cancelled in 2020, our members did not get to visit their legislators in Madison as usual.

We know that some of you are back doing your regular volunteer work, some of you are back doing different jobs, and some of you are not expecting to be back any time soon. This time is hard on all of us. We need your stories! I know that you all have done great things for your communities during the pandemic, moving out of your usual activities and still doing amazing things to support the hospital staff, patients, and families. Pick your best one and apply for the WAVE Award! The twoyear period is being waived this year, so you are able to give us your best ideas and activities.

We would love to share the rest of your great activities on our Facebook page and our website, so send pictures and stories that we can use to inspire all of us. I would particularly like to get a mask count! I know that most of our member organizations have sewists who have been providing masks for their community. Please send me the count for your group.

Jeanne Tatro is preparing with her committee to review your WAVE applications. We are excited to add a Public Policy category and suspend the two-year requirement this year. Bev Lazar is ready for your Best of the Best nominations for the administrators who have led through the storm this year. We are in the midst of planning for Convention this fall. We are hoping that with the great vaccination rates we will be able to meet in person in Madison. Terri Donlin and her committee are doing a great job preparing, and we look forward to welcoming you all.

Thank you for all that you do to support the health of your community! We look forward to seeing you online this spring and in person in the fall! **Peg Larson 920-231-3005 (H); 920-420-1482 (C) Email: pegvoluntr@hotmail.com**

### **A Message from the President-Elect - Partners to Move Forward**

I am filled with a growing sense of excitement, positiveness, and anticipation as Partners of WHA moves forward with the 2021 schedule. Allow me to explain—excitement for volunteers beginning to return to their respective health care venues and “seeing” many of you as Spring Tour resumes via Microsoft Teams platform;

positiveness that resonates from the dedication and leadership skills of the Partners Board of Directors and executive officers as they continue to explore ways to move the Partners of WHA forward; and finally, a great anticipation that the in-person annual convention will be well attended and a great success. With all these positive energies aligning, I predict a very fruitful and successful year for Partners.

I am pleased to announce several new Honor Point opportunities have been approved by the Partners of WHA Board of Directors during their February spring meeting. The rationale for the additions was thoughtful consideration for a smaller organization's ability to achieve Honor Point status. All additions will be defined during Spring Tour meetings. 40 points remains the minimum and the new form will be available on the Partners website, [partnersofwha.org](http://partnersofwha.org). AS A REMINDER, HONOR POINTS WERE SUSPENDED FOR 2020. The new criteria will be in place for 2021.

Additionally, as local organizations may be considering a transition from the traditional officer structured organizations to other structure formats, an interesting question has come forth: "How can leaders 'move' into district- and state-level positions without the experience of serving in a leadership role at the local level, per stated language of individual district bylaws?" It is important for each district to thoughtfully review the language of their bylaws and perhaps revise the language to support those new structures and maintain the leadership opportunities. A gentle reminder: experience in leadership positions may come from a member's other volunteering affiliation and should be considered, i.e., Girl/Boy Scouts, church councils, etc.

Let us be hopeful in 2021. Let us remain positive. Let us remember how eagerly and passionately we want to return to volunteering and in-person gatherings with family and friends. Let us remember together, we can move Partners of WHA forward and let us remember respect for all is respect for the WHOLE. Sharon Scott 262-334-6296 (H); 262-707-3259 (C); Email: [dick-sharon-scott@prodigy.net](mailto:dick-sharon-scott@prodigy.net)

### **Community Health Education Report - COVID-19 and Stress**

With the COVID-19 battle still being fought and May being "Mental Health Awareness Month," it seemed fitting to talk about COVID-related stress.

The COVID-19 pandemic has created a lot of stress in our personal lives, families, and communities. Many families have not been able to gather and hug one another, leading to feelings of isolation and loneliness. Unemployment numbers rose and the closing of non-essential businesses have caused financial worries. These are just a few examples of how pandemic stress has led to more anxiety and depression in individuals of all ages, impacting both mental and physical health.

Currently, people are stressing about the COVID -19 variants that have emerged and whether or not the vaccines available will offer the same protection as they do against the original virus. The UK variant is the most prevalent in the U.S., as well as being more virulent and transmittable. And what about those individuals who, unfortunately, suffered through the virus and are still experiencing symptoms for weeks/months with possible long-term effects. The unknown is scary!

The good news is there is a light at the end of the tunnel (and it's not a train). Students are returning to school at least a few days per week and entertainment events are beginning to reopen (Go Brewers!). Warmer weather is allowing restaurants to utilize their outdoor seating so social distancing can still be followed as customers increase in numbers. Certainly, more and more people are now qualifying for the COVID-19 vaccine and receiving it. Vaccination is bringing us a step closer to herd immunity and an end to this health crisis.

How we cope with the stress caused by the pandemic will impact our overall well-being for the long term. For information on healthy strategies to cope with stress, visit the "Health Education" tab on the Partners of WHA website. Sue Schuelke, CHE Chair 414-630-1183; Email: [sschuelk@charter.net](mailto:sschuelk@charter.net)

### **Prepare for State Convention: "Together We Build a Better Future"**

Mark your calendars for Tuesday, October 5 - Thursday, October 7, 2021, at the Madison Marriott West Convention Center for the annual Partners Convention. As convention chair, I am genuinely excited at how well the planning is progressing. Volunteers from the Southern District are working diligently to ensure an educational,

spirited, and enjoyable three days of speakers, workshops, delicious food, and the opportunity to network with fellow volunteers throughout our great state of Wisconsin. We even have a few surprises in store for those who attend!

As for workshop news, we are bringing back some previous favorites in fundraising and health/wellness as well as adding some spice with new options like Yoga (Chair / Laughter), Mindful Eating, Souper Bags, Finances and Fundraising roundtable, and a safety session with local police officers and mental health awareness.

Our keynote speaker is a familiar face to some of you and I know you will be excited to see her and hear her engaging, enthusiastic speech on her view of our theme “Together We Build a Better Future.” Lisa Hare is excited to be our keynote speaker as well as present our workshop on Mindful Eating. Our closing speaker is scheduled to have her first book published this summer; we are hopeful that she will have copies to autograph for purchase after the closing. Darcy Luoma has been part of the Madison community for many years, and is a master coach and speaker. The title of her closing speech will be “Thoughtfully Fit®: Build for the Future with Core Confidence.” I hope everyone will stay and hear this amazing speaker—you will be “wowed”!

Due to the virtual Spring Tour, look for raffle tickets to be delivered to some of the hospital’s volunteer leaders by the convention committee members and myself—a tour of Wisconsin this summer sounds like a beautiful respite from sitting in the house all winter. There are some wonderful prizes and more coming in!!!! Please remember to bring your tickets (both sold and unsold) to convention. Do not send tickets through the U.S. postal service since it is unlawful.

“Oh, what do I wear throughout convention?” is a common question. In answer, business casual is always acceptable; HOWEVER, building being part of the theme, feel free to wear your flannel shirts and builder overhauls or whatever makes YOU feel like you can be part of building a better future. Registration information and convention booklet will be coming mid-summer. So looking forward to sharing convention with you, greeting familiar faces, and welcoming new faces.

Have a most enjoyable summer and see you in October!!!!. Terri Donlin, 2021 Convention Chair 608-225-8337  
(Call or Text) or Email: [tmdonlin@yahoo.com](mailto:tmdonlin@yahoo.com)

### **Heartburn Relief**

Heartburn occurs when stomach acid backs up into your esophagus. The following lifestyle changes may eliminate or reduce the frequency of your symptoms as listed below.

- Avoid your triggers – Most people have specific foods and beverages that trigger heartburn. Common offenders are fried or fatty foods, chocolate, mint, alcohol, coffee, carbonated beverages, onions, tomato-based, and citrus foods and juices.
- Lose excess weight – Excess pounds put pressure on your abdomen, which crowds your stomach and can cause acid backup.
- Avoid tightness at your waist – Reduce pressure on your abdomen by loosening your belt or by not wearing control-top stockings or body-shaping undergarments.
- Eat smaller meals – Doing so reduces pressure from the stomach on the lower esophageal sphincter and makes it less likely stomach acid will escape into your esophagus.
- Don’t lie down after a meal – Wait 2 to 3 hours after a meal before you lie down. If you nap, try doing so in a more upright reclining chair.
- Don’t use tobacco – Tobacco interferes with function of the lower esophageal sphincter.
- Raise the head of your bed – If you’re bothered by heartburn in the night, elevate the head of your bed 6 to 8 inches using blocks under the legs. An appointment with your doctor is warranted if these lifestyle changes don’t relieve your symptoms or if you have heartburn more than twice a week. **Daniel Roberts, MD Mayo Clinic Health**