

## ASCENSION GOOD SAMARITAN HOSPITAL VOLUNTEERS

# VITAL SIGNS

November 2019

## Message from a President

Ready! Set! Go! Take a deep breath first, and then get ready to pitch in and support the volunteers at Ascension Good Samaritan. November is indeed a VERY BUSY MONTH for us. Here are some areas for you to consider:

1. Our Annual **Holly Time Bazaar** will be held on November 9 at the Menard Center. We would appreciate volunteers for set-up on November 7 and 8 any time between 9:00 a.m. and 2:00 p.m. (Contact Linda at 722-0312 to volunteer). If you'd like to work the day of the bazaar, please contact Ramona (539-3720), and she will get you on the schedule.

--- If you have gently **used jewelry (Baubles, Bangles, & Bling)** or used holiday decorations to donate, please drop off in the gift shop by Monday, November 4.

--- We look forward to receiving your **baked goods and candies (Incredible Edibles)**, and canned items anytime on Friday or early Saturday morning at the Menard Center.

--- **Crafty Creations** can be delivered on Thursday or Friday.

--- Most of all, we hope you'll **come to the Bazaar** (and bring your neighbors) to shop, get your stocking raffle tickets, and support our silent auction. This is our biggest fundraiser of the year; we are hoping for a great turnout!

2. Our second annual **Dough-to-Go Sale** will be held on November 22 from 9:00-1:00. **Bake up some memories!** Cut-outs for you to bake, frost and decorate at home, as well as chocolate chip, peanut butter, and oatmeal cookies will be available for you to purchase in the hospital cafeteria. Please join us to package the cookie dough on November 19 in the cafeteria from 9:00-11:00 am.

3. Our **Holiday Books Are Fun Sale** is scheduled for December 18 from 9:00-3:00 in the cafeteria. In addition to books for all ages, you will find many holiday gift ideas and stocking stuffers for your last-minute shopping.

We are most appreciative of those of you who have pitched in during the recent past and give hearty thanks to the following:

--- To Darlene Johnson and her crew who assembled 2,500 dental kits for the elementary students in Merrill: Roseann Wetter, Kay Slewitzke, Pamela Bjorklund, Leota Davis, Jane Hanson, Marian Seidlitz, Peggy Berndt, and Lorena Sosnovske.

--- To Ramona Hornischer and a talented group of grab-bag wrappers who made short work of wrapping hundreds of gifts for the Holly Bazaar: Deb David, Jean Ravn, Marian Seidlitz, Jane Hanson, Vicki Hilfiker, Diane Marnholz, and Maxine Tlusty

--- To Teresa Baker who has spent hours pricing items for the Used-Decorations booth at the Holly Bazaar

--- To Jane Hanson who has assumed responsibility for the ER Discharge With Dignity Service.

--- We are so very thankful and incredibly grateful for all of our Volunteers at all times during the year, and especially in this busy month when we set aside a day for Thanksgiving.

*Wishing you and your families the blessings of the season.*

*Linda Holdorf, Presidential Team*

### In Memoriam

It is with much sadness that we've lost our long-time volunteer, **Kathy Steckel**. A more dedicated volunteer could not be found; Kathy personified all our volunteer mission embodies. She joined our organization and dove in feet-first, serving at the reception desk as a greeter, delivering the smile cart to patients, and volunteering in the gift shop. Kathy stepped up and assumed the position of co-president, a role she filled flawlessly for a number of years. She was our "mother of calming influence." She was instrumental in the creation of and chaired our ER Discharge with Dignity Service for over six years – purchasing, stocking, and organizing the clothing. Kathy was invaluable in our annual Holly Bazaar and kept each of us on our toes. She is greatly missed by all of us.

*Rest in peace, Dear Friend*

# NOVEMBER BIRTHDAYS

- 4 Esther Natzke
- 16 Lorena Sosnovske
- 21 Marge Greenberger
- 26 Jean Howick  
Dee Taylor
- 28 Judy Buchler
- 29 Emily Edmund  
Sr. Mary Thomas Reichl



## HOLLY TIME BAZAAR

### MENARD CENTER

9 AM — 2 PM  
SATURDAY  
NOVEMBER 9, 2019

## Community HEALTH EDUCATION

**'Tis the season all year 'round for cranberries**

Oct 16, 2019 *Shine365*

Cranberries have a reputation for being a side dish for holiday dinners but this versatile red orb can sit center stage for any meal you plan to serve.

### **An official fruit**

Wisconsin is the #1 producer of cranberries in the U.S., with Massachusetts a close second. 60% of the country's harvested cranberries come from Wisconsin and, no surprise; it's the official fruit of the Badger state. And, no surprise again, cranberries are healthy to eat, ut it depends on how they are prepared.

"With any type of fruit," explains Chrisanne Urban, a Marshfield Clinic dietitian, "they are low in fat, sodium and cholesterol and can be part of a healthy diet. Remember, it's what we do to fruit and vegetables that make them not so healthy."

### **Tartness adds zip**

A cup of cranberries is only 50 calories and packed with lots of fiber and antioxidants – vitamins A, E and C. They are naturally low in sugar, giving them that tart taste, and good to include in cooking. Because of their tartness, put them in stuffing, low-fat banana bread or muffins to add a zippier flavor. But, eating a whole cup of cranberries with the amount of sugar needed to balance the tartness will defeat the cranberry's health purpose.

In Wisconsin in the fall, you'll find cranberries being sold directly from growers on roadside stands and, of course, in grocery stores. Cranberries, un-rinsed, can be refrigerated in the original containers for about a month or frozen for up to a year.

What about raisins then? These dried cranberries often have lots of sugar added to them "so there again, raisins are OK but quantity becomes the issue," Urban said.

And what about drinking cranberry juice to treat possible urinary tract infections (UTIs)? "That's the big old question – does cranberry juice eliminate UTIs? The answer is 'no,'" Urban said. "You have to drink so much to make a difference and current research does not support that. It may be the placebo effect and any liquid helps."

Final word – Urban recommends consuming cranberries any time of year, especially to add extra flavor to roasted meats.

### **Cranberry-Orange Sauce**

Prep time: 8 minutes      Servings: 6

#### **Ingredients**

- 1 teaspoon arrowroot or cornstarch
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- ½ cup water
- 3 cups fresh or frozen cranberries
- 1 medium orange, peeled, seeded and diced

#### **Instructions**

Combine the arrowroot or cornstarch, SPLENDA® and water in a medium saucepan, stirring until ingredients dissolve. Stir in cranberries and diced orange. Bring mixture to a boil, stirring often, over medium-high heat; reduce heat and simmer, stirring often, 5 minutes or until cranberry skins begin to pop and mixture begins to thicken. Set aside to cool. Cover and chill at least 3 hours. Serve cold or warm over your favorite roasted meats.

#### **Nutrition information**

Each ½-cup serving contains 40 calories; 0 calories fat; 0g total fat; 0g saturated fat; 0mg cholesterol; 0mg sodium; 11g total carbs; 3g dietary fiber; 3g sugars; 1g protein.

Source: [Splenda.com](http://Splenda.com)



**Sunday, November 3**  
**Daylight Savings Time Ends**  
**SET CLOCKS BACK one hour –**  
**Saturday night.**

## DATES TO REMEMBER - MARK YOUR CALENDAR

- Sun, Nov 3 – Daylight Savings Time Ends  
Wed, Nov 6 – Volunteer Board Mtg – 1:00 pm –  
Cafeteria – Open to Everyone  
Sat, Nov 9 – 41<sup>st</sup> Annual Holly Time Bazaar  
9 am – 2 pm Menard Center  
Tues, Nov 19 – Girls Night Out – Wine and Hors  
d'oeuvres – Wreath Deco & Bow Making  
1<sup>st</sup> Floor Menard Center 5 – 7 pm  
(by reservation)  
Fri, Nov 22 – Unbaked COOKIE SALE – Café  
Thurs, Nov 28 – *HAPPY THANKSGIVING!*  
Wed, Dec 4 – Volunteer Board Mtg – 1:00 pm  
Wed, Dec 18 – *Books Are Fun* Book Fair –  
Cafeteria – 9 am to 4 pm

## Public Policy Education

### ***EVERY VOTE COUNTS!!***

Elections are coming to a polling place near you. You have the right to vote and the freedom to choose . . . so exercise that right and freedom!



**TUESDAY, NOVEMBER 5, 2019**

## **Senate Committee Unanimously Backs WHA-Supported Telehealth Legislation**

Vote clears the way for a full Senate Vote

The State Senate Committee on Health and Human Services voted unanimously on Oct. 23 to advance [Senate Bill 380](#), telehealth modernization legislation supported by WHA. Prior to the vote, Sen. Dale Kooyenga (R-Brookfield), who authored the legislation, described how he believes it will lower health care costs by increasing competition among providers – a sentiment echoed in many studies which suggest telehealth can increase quality and reduce costs by allowing providers to treat patients more efficiently.

The legislation is the culmination of three years of work by WHA's Telemedicine Work Group, and includes the four following recommendations for how Wisconsin's Medicaid program should cover telehealth services:

- Reimburse telehealth the same as in-person care when the quality of the care provided is functionally equivalent.
- Catch up to Medicare in the number of telehealth-related services that are covered.
- Cover in-home or community telehealth services.
- Increase access to behavioral health via telehealth.

A **HEAT** alert was sent in advance urging WHA grassroots members to contact their Senator in support of the bill. October 24, 2019, Valued Voice

## **Wisconsin Medical-Dental Integration Project: Connecting Oral Health to Overall Health**

The burden of dental disease on Wisconsin residents is significant. Currently, Wisconsin is ranked 50<sup>th</sup> among all states for access to oral health services for children enrolled in Medicaid. According to the Centers for Medicaid & Medicare Services, in 2016 only 1 in 5 Wisconsin Medicaid-eligible children ages 0-5 years received preventive dental services. Frequently, persons affected by dental disease must seek dental care in hospitals – in the emergency department for non-traumatic dental pain, and in hospital operating rooms for special dental needs that can only be addressed surgically.

A new initiative, the Wisconsin Medical-Dental Integration (WI-MDI) Project, aims to address the burden of dental disease in Wisconsin through an innovative model of integrating dental care into regular medical checkups.

At its first learning session Oct 7-8, several teams throughout the state will test various strategies to integrate dental hygienists into primary care settings to improve access to primary preventive oral health services.

Integrating dental care into the medical office is a relatively recent trend that reflects growing consensus about the crucial connection between oral and overall physical health. Early childhood caries is the most prevalent pediatric disease and has significant physical health impacts including tooth pain, which makes it difficult for a child to eat, grow and focus in school. Target populations of the WI-MDI project are children ages six months to five years and pregnant women without a dental home during pregnancy. Children visit a physician up to eight times from birth to age five, which provides many opportunities for early prevention of dental disease. Prenatal visits are recommended

monthly up to the seventh month of pregnancy and more frequently thereafter until birth. Services provided through the WI-MDI project will be dental risk assessments, fluoride treatments, prophylaxis, referrals for further treatment and case management.

The WI-MDI Project is seeking additional health systems to participate in this initiative prior to the next learning session which will be held in March 2020. October 15, 2019 *The Valued Voice*



*We are Thankful for our Volunteers ---*



### Stuffed Turkey

Baby Bruno was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal.

"What are you doing?" Bruno asked.

"Oh, I'm just stuffing the turkey," his grandmother replied.

"That's cool!" Bruno said. "Are you going to hang it next to the deer?"

### Be Quiet and Cool Off

A man buys a parrot, only to have it constantly insult him. He tries everything to make the parrot stop, but nothing works. Frustrated, the man puts the parrot in the freezer. After a few minutes the insults stop. The man thinks he might have killed the parrot, so he opens the freezer and takes the parrot out. The parrot is shivering.

It stammers, "S-s-sorry for being r-r-rude. Please f-f-forgive me."

Then, after a moment, the parrot softly asks, "W-w-what exactly d-d-did the turkey do?"

*Submitted by Ted M., Sayreville, N.J*

